

SEMINAR & SUPPORT GROUP CALENDAR

February 2012	s	m	t	w	t	f	s
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
26	27	28	29				

Below is our February 2012 educational seminars listing. Should you or someone you know wish to attend to learn more about obesity, its treatment options or to share your story, please call 1-800-245-1431 to make a reservation.

* In case of inclement weather, please call to confirm that seminars and meetings will be held.

ALUMNI SUPPORT GROUP MEETINGS

Monday, 7:15-8:15 p.m.

February 6th, 13th, 20th, 27th

St. Alexius Hospital Medical Office Building
NewStart Meeting Room, Suite 202
3535 S. Jefferson Blvd., St. Louis, MO 63118

The NewStart Support Group meets every **Monday** from **7:15 p.m. to 8:15 p.m.** and is limited to those who have had surgery with the St. Alexius NewStart program. This is an opportunity for more in-depth exploration of feelings and concerns that may arise following surgery. Family members are invited on the first Monday of every month.

EDUCATION SESSION & SUPPORT GROUP

Wednesday, February 15th 6:00-8:00 p.m.

St. Alexius Hospital Medical Office Building
NewStart Meeting Room, Suite 202
3535 S. Jefferson Ave., St. Louis, MO 63118

Topic this month: **"Exercise: How do I use a resistance band?"**

This group meets on the third Wednesday of every month. The Education Session meets from 6:00 p.m. to 7:00 p.m. and the Support Group meets at 7:00 p.m. Both the Education Session and the Support Group are open to those who have had surgery, or those who may be considering surgery. Family members are welcome.

GASTRIC BANDING SUPPORT GROUP MEETINGS

Monday, 6:00-7:00 p.m.

February 6th and 20th

St. Alexius Medical Office Building
NewStart Meeting Room, Suite 202
3535 S. Jefferson Ave., St. Louis, MO 63118

The NewStart Gastric Banding Support Group meets on the **first and third Monday** of each month from **6:00-7:00 p.m.** and is open to those who have had Gastric Band surgery through the St. Alexius NewStart program.

EDUCATIONAL SEMINARS

Surgical Treatment of Morbid Obesity: Laparoscopic Adjustable Gastric Banding; Laparoscopic Roux-en-Y Gastric Bypass (RYGB) and Laparoscopic Sleeve Gastrectomy

Tuesday, February 7th, at 7:00 p.m.

Richard O. Follwell, D.O., Board Certified in General Surgery
St. Alexius Hospital Medical Office Building
3535 S. Jefferson, Suite 202, St. Louis, MO 63118

Saturday, February 11th, at 10:00 a.m.

Kumaran Chinnappan M.D., Board Certified in General Surgery
Doubletree Hotel and Conference Center
1000 Eastport Plaza, Collinsville, IL 62234

Wednesday, February 15th, at 7:00 p.m.

Gregg Ginsburg M.D., Board Certified in General Surgery
Holiday Inn Express & Suites
1802 Gamel Cemetery, Festus, MO 63028

Tuesday, February 21st, at 7:00 p.m.

Kumaran Chinnappan M.D., Board Certified in General Surgery
St. Alexius Hospital Medical Office Building
3535 S. Jefferson, Suite 202, St. Louis, MO 63118

NUTRITIONAL LIFESTYLE MANAGEMENT CLASSES

For Alumni six months or more beyond their surgery date who have had gastric bypass surgery or gastric sleeve. Classes will meet at New Start Meeting Room, 3535 South Jefferson, Suite 202, St. Louis, MO 63118. The presentation will include a review of nutritional guidelines and information pertinent to long-term weight loss management. **IMPORTANT!** Write any questions down and bring them to the class, as time will be allotted for questions and answers.

Nutrition after Bariatric Surgery

For gastric bypass and gastric sleeve patients six months or more beyond their surgery date.

Monday, February 6th, 9:00 a.m.

Wednesday, February 18th, 5:00 p.m.

NUTRITION TIP:

KISS: Keep It Smart & Simple for Valentine's

Smart

- Avoid foods that are higher in fat and sugar. Try the low fat and low sugar chocolate raspberry cheesecake recipe below.
- Plan ahead when visiting restaurants. Most restaurants have menus with nutrition information online. It is beneficial to have an idea of what foods are bariatric-friendly before actually going to the restaurant.

Simple

- Recipes don't need to be complicated to be delicious. You may be more likely to try a new recipe if it only uses a few ingredients.

Chocolate Raspberry Cheesecake

Ingredients: 3/4 cup skim milk, 1 cup fat-free cottage cheese, 1/4 cup low sugar seedless raspberry fruit spread, 1 pkg. fat free, sugar-free chocolate instant pudding (4 serving size), 2 cups light whipped topping, 3/4 cup raspberries

Preparation: Pour milk into blender container. Add cottage cheese and fruit spread; cover. Blend until smooth.

Add pudding mix; cover. Blend until smooth. Pour pudding mixture into large bowl; gently stir in whipped topping. Pour into 8" pie plate; smooth top. Freeze until firm (6 hours or overnight). Remove cheesecake from freezer about 15 minutes before serving. Let stand at room temperature to soften slightly. Top with raspberries.

Makes 8 servings. Note: If concerned about dumping, consider using sugar-free seedless raspberry fruit spread.

Nutrition Facts (per serving): Calories:100, Fat: 2g, Cholesterol: 2mg, Sodium: 234mg, Carbohydrates: 15g, Fiber: 1g, Protein: 3g.

ANNOUNCEMENT!!!!

NewStart Support Groups are
Coming to YOU!

We are expanding our support groups to an area near you!

Join Us:



Festus, MO at the

Holiday Inn Express & Suites***, Festus, Mo. 63028

(***Please note location change.)

Thursday, February 16th at 6pm

(The Festus support group will meet every 3rd Thursday of the Month)



Troy, MO at Lincoln County Medical Center

1000 East Cherry St., Troy, MO 63379

Thursday, February 23rd at 6pm

(The Troy support group will meet every 4th Thursday of the Month)

Coming Next Month - Collinsville, IL
March 8th at 6pm



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www.StAlexiusNewStart.com