

## Bariatric Team

**Michel M. Murr, M.D.**  
Director of Bariatric Surgery  
Bariatric Surgeon

**Scott F. Gallagher, M.D.**  
Bariatric & Endocrine Surgeon

**Lisa Saff-Koche, M.D.**  
Director, Spectra HealthCare  
Bariatrician

**Mac Anderson, M.D.**  
Pulmonary Medicine

**Curtis Takagishi, Ph.D.**  
Licensed Psychologist

**Perry Kaly, Ph.D.**  
Licensed Psychologist

**Dino Martinez, M.D.**  
Bariatric Surgery Fellow

**Rajesh Kuruba, M.D.**  
Bariatric Surgery Fellow

**Lucie Slusarek, ARNP**  
Nurse Practitioner

**Susan Orellana**  
Bariatric Coordinator

**Stacy Roberts**  
Bariatric Coordinator

**Tracy Torrella, MABMH**  
Research Specialist

**Liz Brustman**  
Database Specialist

## Upcoming Support Group Meetings

**Sept 19 – Amanda Camp**  
Nurse Practitioner

**Oct 17 – Dr. Perry Kaly**  
Licensed Psychologist

**Nov 21 – Jennifer Shoemaker**  
Registered Dietician



Each year, the American Society for Bariatric Surgery's Foundation holds a **Walk from Obesity** established to give hope to those needing it most.

On Saturday, September 30, 2006, all across America, obesity sufferers and survivors will be walking to raise money for research, education, prevention and treatment of obesity. This walk is for everyone; participants can be young or old, active or non-active, thin or obese.

For more information on how to register for the walk, please log on to: [www.asbs.org](http://www.asbs.org) and click on the Walk from Obesity link provided.

For information about this foundation, email your questions to: [info@asbsfoundation.org](mailto:info@asbsfoundation.org)

## Welcome to the Team . . .

We are privileged to have Dr. Rajesh Kuruba and Dr. Dino Martinez join us as Bariatric Surgery Fellows. Over the next year, Drs. Kuruba and Martinez will assist Drs. Murr and Gallagher in Bariatric Surgery. Please join us in welcoming them to our Bariatric Multidisciplinary Institute.



**Rajesh Kuruba, M.D.**  
Bariatric Surgery Fellow  
University of South Florida

Dr. Kuruba is currently an Advanced Laparoscopic and Bariatric Surgery Clinical Fellow at Tampa General Hospital. He completed his training in general surgery at Providence Hospital and Medical Centers in Southfield, Michigan. He assists in laparoscopic and open procedures as well as multiple ongoing research projects within the Bariatric Multidisciplinary Institute.

## My Success Story

By Larry Davis



All through my life I had a problem with my weight. Toward the end of high school, I was getting so big that my parents bet on my weight by graduation. I joined the Air Force and was put on the fat boy program the entire 4 ½ years I was enlisted, including jogging and weight training.

I had control of my weight for a few years. In 1995, I had a two-year-old son and my wife was pregnant with twins. As the stress of life and a divorce and raising three kids piled on, so did the pounds.

Later, I remarried and now I have two additional children. I continued to train in spurts. I would be fine for one month, losing 10 pounds or so, and then the slightest interruption would knock me off the diet, off the training and put the pounds back on. I yo-yoed like everyone else. I tried Weight Watchers, Atkins, South Beach, counting calories, and even cabbage soup. They all worked for a period of time.

Fast forward to 2004: I began researching anything that had to do with gastric bypass. I think I read every article on the subject. I have been to meetings from Tampa to Cleveland looking for the right doctor.

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**Dino Martinez, M.D.**  
Bariatric Surgery Fellow  
University of South Florida

Dr. Martinez is currently an Advanced Laparoscopic and Bariatric Surgery Clinical Fellow at Tampa General Hospital. He completed his training in general surgery at the Brooklyn Hospital Center of the New York-Presbyterian Hospital Weill Medical College of Cornell University in New York, NY. He assists in laparoscopic and open procedures as well as multiple ongoing research projects within the Bariatric Multidisciplinary Institute.

## Success

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Through my research I found Dr. Murr, and his reputation was amazing. At this point in my life I had nothing to lose but my weight, so I decided to have the surgery.

In August of 2005, I completed a mini triathlon weighing in at 333 lbs. September of 2005, I had my surgery. I stayed in the hospital for 5 days. As time progressed, I began to eat little by little. My diet consisted of several protein shakes and bars a day. Since gastric bypass food plays a different role in my life, I feel like I eat to live now instead of live to eat. I understand that gastric bypass is a tool, not a cure. I can still enjoy the foods I used to, I just enjoy them in smaller portions. I have committed to the new lifestyle despite the outside stresses of everyday life.

I have reached my goal of 134 pounds lost in less than 9 months!



## Meeting Info

There is now an additional date and time for the **New Patient Orientation** meetings. There is the option of the 2<sup>nd</sup> Thursday of the month from 3-5pm or the 4<sup>th</sup> Monday of each month from 6-8pm. The **New Patient Support Group** will continue to be held from 6:30 to 8:30pm following orientation on the 2<sup>nd</sup> Thursday of each month. **(There is NO New Patient Support Group after the Monday Orientation meeting.)**

The **Post-Op Support Group** meeting is designed specifically to meet the needs of patients who have undergone weight loss surgery and is held on the 3<sup>rd</sup> Tuesday of each month from 6:30-8:30pm at Tampa General Hospital. (See upcoming date and speakers on reverse side.)

All meetings are held on the 2<sup>nd</sup> floor, in the TGH Rehab Dining Room (except as noted). For more information on these meetings, please call 813-844-4576, option 2.

### Low Sugar Shakes

#### Banana Shake

- 1 scoop chocolate or vanilla protein powder
  - 1 medium size banana
  - 1 cup ice
  - 1 cup skim milk
- Blend together (For extra sweetness add Splenda™)

#### Creamy Citrus Delight

- 1 cup 100% orange juice
  - 2 tbsp light whipped topping
  - 1 scoop nonfat dry milk or protein powder
  - ½ cup ice
- Blend completely

#### Chocolate Lovers Shake

- ½ cup skim milk
- 2 tbsp sugar free cocoa
- 3 packets of Splenda™
- ½ tsp vanilla extract
- 1 cup ice and blend

## Let Us Know!

If there is anything special you would like to hear about in the next newsletter, let us know. We will research it and put it to print.

## Exercise Tips

Start slow – walking daily can be a great way to jump start your program. Make exercise a priority and pick a time of day that easily fits into your busy schedule. If necessary, you can break your workouts into 3 to 4 ten minute spurts throughout the day. Also, keep an exercise journal and don't forget to record your weight – this can really help to motivate you!



[www.obesityaction.org](http://www.obesityaction.org)

**Let the Governor hear what you have to say !!**

**Jeb Bush  
The Capitol**

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## Contact Us!

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