

## 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

**Tracy Torrella, MABMH**

Research Specialist

**Liz Brustman**

Office Assistant

## Upcoming Support Group Meetings

**Jan 16 - Amanda Camp, ARNP**  
Nurse Practitioner

**Feb 20 - Tom Reed**  
Exercise Physiologist

**Mar 20 - Curtis Takagishi, PhD**  
Licensed Psychologist



### Join in the Fight!

The **University of South Florida** has made obesity a top health priority. **USF Health** is seeking funding from multiple sources to establish a comprehensive and multidisciplinary clinical and research center for obesity and its related disorders.

**USF Health** will partner with the community to establish a network for the treatment and prevention of obesity in children, adolescents, and adults.

The goals of this center are:

- Deliver world-class, interdisciplinary patient care;
- Educate the next generation of health providers about obesity prevention and treatment;
- Create an innovative force in research and a premier hub for scholarly endeavors in obesity prevention and treatment;
- Establish entrepreneurial and philanthropic partnerships with local and national stakeholders.

We need your help. Please join us in the fight against obesity by sending your contribution to:

University of South Florida Foundation, Inc.  
USF Health Development  
12901 Bruce B. Downs Boulevard  
MDC 70  
Tampa, FL 33612  
**Attn: Obesity Research**

## Surgical Anniversaries: Celebrate Your Successes

Nancy Serrano	1/11/2005	169 lbs. lost
Consuelo Gonzalez	1/15/2003	115 lbs. lost
Cheryl Austin	1/25/2005	75 lbs. lost
Sal Pullaro	1/25/2006	129 lbs. lost
Heidi Blane	2/14/2006	100 lbs. lost
Michele Turosz	2/20/2002	202 lbs. lost
Denise Adkins	2/21/2001	123 lbs. lost
Pam Link	3/01/2005	115 lbs. lost
Jean Harmon	3/16/2005	212 lbs. lost
Susan Cauley	3/19/2003	90 lbs. lost

## L.I.F.E. After Surgery

By S. Curtis Takagishi, Ph.D.



As a psychologist, I feel that the most important aspect of my work with bariatric surgery patients is helping them after they have surgery.

After bariatric surgery, I believe that patients will have success if they adopt the proper attitude, take the right mental approach, and focus on four areas represented by the acronym of L.I.F.E.

**L** is for *lifestyle*. If patients maintain a healthy lifestyle and stay motivated to eat healthy and exercise regularly, they will reach their weight loss goal and prevent future weight regain.

**I** is for *image*, as in body image. Post-surgical patients must become comfortable with their new, thinner bodies and develop a new self-image.

**F** for *friends, family, and intimate relationships*, must be managed by patients, because others often treat patients differently due to the drastic change in their appearance.

**E** is for *emotions*. Patients must cope with their emotions. Periods of emotional eating must be eliminated and feelings of depression or anxiety must be prevented or addressed.

If patients are having difficulties in these areas, I would be available to help. However, if patients focus on these four areas I believe they will be successful in their **L.I.F.E.** after surgery.



In September and October 2006, obesity sufferers and survivors joined forces and walked in cities across America to raise money for research, education, prevention and treatment of the life-threatening disease of obesity. On Saturday, September 30, 2006, Dr. Murr and his bariatric team participated in the Walk from Obesity locally at the Citrus Park Mall. We would like to thank **USF Health** and **Tampa General Hospital** for their support.



## Keeping Your 2007 New Year's Resolutions

These tips will help you to achieve your goals for healthier living in 2007:

### 1. Choose the Right Resolution

Make the right resolution, for the right reasons. Consider *what* you really want: be specific. Identify *why* you want it, to avoid setting goals for the wrong reasons. Commit to the goal in writing.

### 2. Make a Plan

Create a plan for *how* you will accomplish your goal. Identify the obstacles that stand between you and your desired results. Create a to-do list, specifying the exact steps you will take. Assign due dates for each step.

### 3. Stay on Track

Making progress toward your goal requires discipline. When you need a little help staying motivated, find support in others. Share your goals with a friend or family member who will offer positive encouragement.

### 4. Be Flexible and Keep on Going

You may experience setback or your priorities may change. By keeping your expectations flexible, you can simply adjust your plan to meet your needs and avoid giving up. Regularly reevaluate your goal: decide if it still reflects what you want. Reexamine your plan and note any steps that are not working for you.

Recognize small successes. Losing 15lbs. is cause for celebration, even if your original goal was to lose 20lbs. If you are just one step closer to your goal, then you are better off than before you began. Pat yourself on the back and keep on going.

*Happy New Year and Good Luck!*

## Meeting Info

There is now an additional date and time for the **New Patient Orientation** meetings. You now have the option of the 2<sup>nd</sup> Thursday of the month from 3-5pm or the 4<sup>th</sup> Monday of the month from 6-8pm. The **New Patient Support Group** will continue to be held from 6:30-8:30pm 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 speakers and dates 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.

### Sugar Free Pumpkin Pie

Makes 2 pies (8 servings per pie)

One serving: 113 Calories, 5g fat, 12g carbohydrates, 3.5g protein

2 cups Murray Sugar Free Gingersnaps or Vanilla Wafers  
2 tablespoons salted butter, melted      ½ teaspoon table salt  
¾ cup Splenda granular                      ½ teaspoon ground ginger  
1 teaspoon ground cinnamon              3 large eggs  
¼ teaspoon ground cloves

One 15 ounce can Libby's 100% Pure Pumpkin  
One 12 ounce can low-fat evaporated milk

Preheat oven to 325°F. Place cookies in food processor and pulse with butter until you have moist, fine crumbs. Divide mixture and press evenly into two 8-inch pie plates. Bake 10-12min, until crusts just start to color. Cool on wire rack while preparing the filling. Turn the oven up to 425°F.

Mix Splenda, salt, cinnamon, ginger, and cloves in a small bowl. Beat eggs in a large bowl. Stir in the pumpkin and dry mixture. Gradually stir in the evaporated milk.

Divide filling between two pie shells. Bake 15 min at 425°F. Reduce temperature to 350°F; bake 40-50 min or until knife inserted near center comes out clean. Cool pies on wire rack for 2 hrs. Serve immediately or refrigerate. Serve with a dollop of Splenda sweetened whipped cream or Reddi Whip.

## 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

For those who find it difficult to go to the gym with their busy schedules, try these calisthenics for 15-30 minutes first thing in the morning for energy and strength:

10-50 strength endurance squats  
5-20 push-ups  
20-30 reverse arm circles  
15-25 sit-ups

Start the day on a positive note with this routine.

## Calling All Swimmers!

Please note, the Bobby Hicks Park, in South Tampa (4120 W Mango Ave) has a 50 meter swimming pool that will remain open and heated through the winter as long as there is public interest. Consider swimming for an exercise that is gentle on your joints.

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

**Charlie Crist  
The Capitol  
400 S. Monroe St.  
Tallahassee, FL 32399**

## Contact Us!

**Susan Orellana**  
(813) 844-7473 Office  
[sorellan@health.usf.edu](mailto:sorellan@health.usf.edu)

**Liz Brustman**  
(813) 844-7540 Office  
[ebrustma@health.usf.edu](mailto:ebrustma@health.usf.edu)

(813) 259-0929 Appts.  
(813) 844-1920 Fax

Or explore our website:  
[www.zbmi.com](http://www.zbmi.com)

Digestive Disorders Center  
Tampa General Hospital  
P.O. Box 1289, Suite F145  
Tampa, FL 33601

Mail Merge  
123 Main St.  
Tampa, FL 33601

