

# WEIGHING IN



A HOSPITAL OF CENTRAL CONNECTICUT NEWSLETTER FOR BARIATRIC PATIENTS

SPRING 2010



**Welcome** to The Hospital of Central Connecticut's (HCC) inaugural bariatric surgery newsletter. HCC is a designated Center of Excellence committed to serving individuals who have undergone and/or plan to undergo bariatric surgery. This newsletter is designed to keep our patients and their families informed about programs and resources available through our hospital and our community. I look forward to sharing information that will help you be successful in achieving and maintaining weight loss.

— Paula O'Neil, Bariatric Clinical Coordinator

## SURGEONS CORNER

### HCC offers single-incision bariatric surgery

The Hospital of Central Connecticut (HCC) is the first hospital in Greater Hartford to offer minimally invasive, weight loss lap-banding surgery that uses only one small incision. This new technique, called single incision laparoscopic surgery (SILS) offers patients reduced post-operative pain and less scarring.

HCC bariatric surgeon Carlos Barba, M.D., medical director of bariatric surgery, makes a single, one-inch incision in the belly button vs. several small incisions throughout the upper abdomen for laparoscopic adjustable

gastric band surgery.

"This technique minimizes the post-operative pain in patients having a laparoscopic adjustable gastric band," says Barba. "Cosmetically, it is also more attractive because instead of using five or six incisions for the procedure we're only using one."

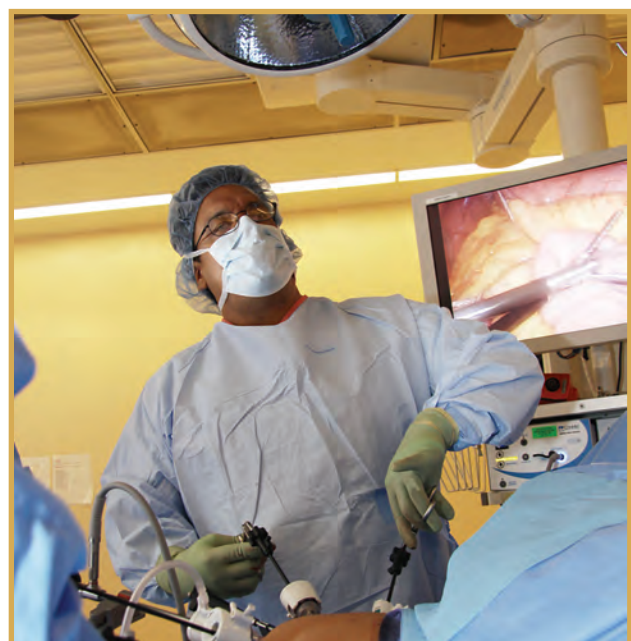
As of early February, Barba had conducted six procedures using this method. He plans to offer it as the primary gastric-banding method. Both he and HCC bariatric surgeon Nissin Nahmias, M.D., received training in this new technique.

Through the one incision, used as an entry port for the procedure, an insert is placed within the body and used to exchange medical instruments, including a camera for procedure visualization. Patients are hospitalized overnight or go home the same day.

HCC is a designated Center of Excellence by the American Society for Metabolic & Bariatric Surgery (ASMBS); Dr. Barba is a designated Bariatric Surgery Center of Excellence surgeon.



< Dr. Carlos Barba is the medical director for the bariatric program at The Hospital of Central Connecticut. His practice is a designated ASMBS Bariatric Surgery Center of Excellence.





## Welcome Nissin Nahmias, M.D.!

Dr Nahmias has recently joined our team. Recruited by Dr Carlos Barba to join his practice this past summer, Dr. Nahmias comes to HCC after completing a bariatric surgery fellowship at the Medical College of Virginia, Virginia Commonwealth University, Richmond, Va. Dr. Nahmias completed medical school in Mexico and a general surgery residency at Albert Einstein Medical Center in Philadelphia, PA.

## Walk from Obesity a success!

The 7th annual Greater CT Walk from Obesity was held Oct. 3, 2009 at Walnut Hill Park in New Britain. Though the day was overcast the mood was bright among participants who braved the weather to come out and walk to raise funds for the ASMBS Foundation. Darren Sweeny, meteorologist for NBC 30, emceed the event. The national walk raised \$3.9 million for obesity research, education and advocacy. Over \$11,000 was raised locally for the foundation thanks to the generosity of our sponsors and all our dedicated walkers! Planning for the 2010 event is under way. New volunteers are always welcome! Please contact Paula O'Neil at The Hospital of Central Connecticut, 866-668-5070 to volunteer.



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## Free information sessions scheduled

Information sessions for bariatric surgery are presented by our surgeons, Dr. Carlos Barba and Dr. Nissin Nahmias. They are held in both English and Spanish. Upcoming sessions are:

**Sessions in Spanish** are held at the HCC New Britain Campus - call 866-669-5070 for dates of upcoming sessions

**Sessions in English** are scheduled at the Farmington Marriott Hotel - May 15th and June 17th

Please call 866-668-5070 to register for a session. Walk ins are welcome at both sessions.

## Support group available

Pre- and post-operative patients and their family/support person are encouraged to attend support groups. Topics include nutrition, exercise and coping with weight loss and body image changes. Every session includes time for networking with peers in an open forum to exchange tips and ideas. Pre-operative patients find these sessions especially useful for asking questions of people who have already had the surgery. Support group meetings are held the first Thursday of every month at The Hospital of Central Connecticut, Lecture room 1, 6-7:30 p.m.. Parking is validated. NO registration is required.

## Bariatric chef visits HCC

The Hospital of Central Connecticut had the pleasure of hosting a presentation and cooking demonstration by renowned bariatric chef Dave Fouts on Oct. 22, 2009.



Chef Dave Fouts with Dave Sieputowski.

Attendees got the “scoop” on how to make holiday recipes healthier and watched a live cooking demonstration. Samples prepared by the HCC food and nutrition staff were enjoyed after the presentation. Chef Dave cookbooks were on sale and a book signing was held after the event.



## RECIPE CORNER



Chef Dave prepared this dish during his HCC visit and would like to share it with our readers.

### Chicken Valencia

Serving Size: 8

#### Ingredients

8 each boneless chicken, cut in half  
1 teaspoon salt and pepper  
1/4 cup flour  
1/4 cup olive oil  
1/2 cup white wine

2 each tomatoes, peeled and chopped  
1/2 cup fresh mushrooms, sliced  
1/2 cup scallions, chopped  
1 clove fresh garlic, chopped  
1/2 cup chicken stock

#### Directions

Salt and pepper chicken breast, then lightly coat with flour. Place olive oil in large sauté pan on med-high heat. Once olive oil is heated add coated chicken breast and sauté until chicken is golden brown. When chicken is browned on both sides add white wine to deglaze the pan. Add tomatoes, mushrooms, scallions, garlic and chicken stock to pan. Let chicken dish simmer for 10 minutes or until chicken is cooked. The stock will become thickened while cooking.

Per Serving: 354 calories; 7g fat; 32 g protein; 3g carbohydrate; 1g dietary fiber; 132mg cholesterol; 471mg sodium. Exchanges: 0 grain (starch); 7 1/2 lean meat; 1/2 vegetable; 1 1/2 fat.

# Weight-loss story wows crowd at Healthy Family FunFest

Nelson Shub, M.D., far right, a patient of The Hospital of Central Connecticut's Bariatric Surgery Program, was among four people who shared their amazing weight-loss stories with the crowd at the Healthy Family FunFest health and wellness fair March 7 at the Aqua Turf Club in Southington. Dr. Shub described his incredible transformation – in 11 months he went from 326 pounds to 165 pounds. Hundreds of people stopped by our Bariatric Surgery Program booth at the event, sponsored by the hospital, Central Connecticut Senior Health Services and Southington-Cheshire YMCAs. The FunFest featured health information, free screenings, raffles and great activities for people of all ages. Stay tuned for details on next year's FunFest!



May Harter, Registered Dietitian



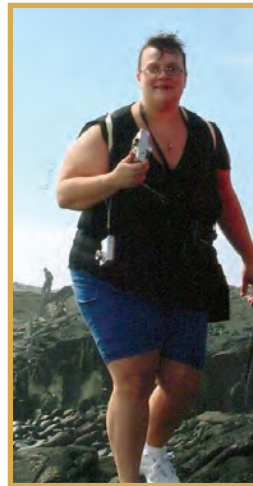
Nelson Shub, M.D

## SUCCESS STORY

Tracy had an adjustable gastric band placed in September of 2008. Photo was taken in February of 2010.

### Do you have a success story?

We'd love to feature your story or photos in an upcoming issue of *Weighing In!* If interested contact Paula O'Neil, Bariatric Clinical Coordinator, (860) 224-5453, [poneil@thocc.org](mailto:poneil@thocc.org).



^ Tracy before

Tracy after >



## We're moving soon!

Central CT Surgeons, LLC and The Hospital of Central Connecticut Bariatric Surgery Center and Weigh Your Options Clinical Weight Loss Programs will soon be moving to 11 South Road, Suite 130 in Farmington, CT.

Stay tuned for more information about our open house of our move.



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**Central Connecticut**

at New Britain General and Bradley Memorial

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