



## Susan Continued.....

I met with Dr. Farouck Obeid and his staff and I felt so confident in their program and in their ability to keep me safe. We had been in the process of building our own home and moved in on June 23rd, and on June 30th, 2003, I had the open Roux-en-Y at Hurley Medical Center in Flint. My husband took 2 weeks off of work to take full care of me and the children and the new house. What a man, I tell you!!! I couldn't have done this without the love and support of my wonderful husband.

Today, January 26, 2005 at 19 months post-op, I have lost 126 lbs. and feel FANTASTIC!!! I started at 250 lbs. and lost 14 lbs. on the pre-op diet. The day of surgery I weighed in at 236 lbs.. I went from a size 22-24

to a 2!!! Today I weigh in at 124 lbs.. I run 7 miles three days a week and I am still in amazement at the "NEW ME." I am healthier, happier and living my life to the fullest everyday!!! I am enjoying a wonderful, active new life with my husband and children.

I want to say "THANK YOU" to Dr. Obeid and the whole staff at The Hurley Center for Comprehensive Weight Loss. You are all gifts from God!!

Sincerely,

Susan Rohn

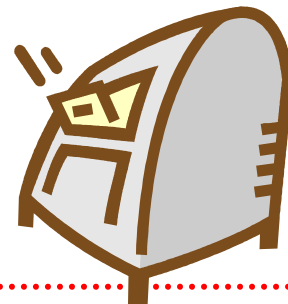


Dr. Farouck Obeid and Susan at the Hurley Dinner Dance in November 2004

# Happy Valentine's Day!

If you had surgery in 2004 and received the Patient Satisfaction survey don't forget to send it back! We value your opinion!

**St. Catherine's Healthcare**  
**2232 South Main Street # 374**  
**Ann Arbor, MI 48103**



# Heart Shaped Pita Sandwich- [www.kraftfoods.com](http://www.kraftfoods.com)

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Makes:** 1 serving

1 wheat or white pita bread

1 Tbsp. KRAFT Mayo Light Mayonnaise

1/2 tsp. GREY POUPON Dijon Mustard

6 slices OSCAR MAYER Deli Style Oven Roasted Turkey Breast

1 KRAFT Single

1 slice red pepper

1 red or green lettuce leaf

**TRIM** top of pita bread with scissors or knife to resemble heart. Wrap bread in plastic wrap.

**MICROWAVE** on HIGH 15 seconds, remove plastic wrap.

**SPREAD** inside of pita bread with mayo and mustard. Fill with remaining ingredients.



## Nutrition Information (Per serving)

Calories	340
Total Fat	13 g
Saturated Fat	4.5 g
Cholesterol	40 mg
Sodium	1360 mg
Carbohydrate	41 g
Dietary fiber	5 g
Sugars	3 g
Protein	19 g



## Key Lime Yogurt Bars [www.splenda.com](http://www.splenda.com)



**Prep Time:** 25 Minutes

**Freeze Time:** 4 Hours

**Makes:** 9 servings

8 whole graham crackers

1/4 cup Splenda® No Calorie Sweetener, Granular

1/8 ground cinnamon

2 Tbsp. margarine, melted

1/3 cup key lime juice

2 cups plain low-fat yogurt

1 1/2 cups Splenda® No Calorie Sweetener, Granular

1 cup reduced-fat frozen whipped topping, thawed

### Directions:

**Spray** an 8 x 8 inch square pan with vegetable cooking spray. Set aside.

**Crush** graham crackers: reserving 2 tablespoons. Combine graham crackers crumbs, 1/4 cup Splenda® Granular, cinnamon, and margarine, mixing well. Firmly press mixture evenly in bottom of prepared pan; set aside.

**Combine** 1 1/2 cups Splenda® Granular and lime juice in a heavy saucepan. Bring mixture to a boil, reduce heat and cook about 5 minutes or until mixture is reduced by half. Set aside to cool.

**Stir** yogurt into Splenda® Granular and lime mixture; fold in whipped topping. Spoon mixture over graham cracker crust; sprinkle with reserved graham cracker crumbs. Cover and freeze at least 4 hours or until firm. Let stand at room 10 minutes before cutting into bars.

### Nutrition Facts:

Calories **150**, Calories from Fat **45**, Total Fat **5 g**, Saturated Fat **3 g**, Cholesterol **5 mg**, Sodium **150 mg**, Carbohydrate **22 g**, Dietary Fiber **0 g**, Sugars **5 g**, Protein **4 g**

## Poem from Dr. George

This intolerant world, its self-righteously thin  
Call obesity, fat, an outrageous sin.

“Just stop eating, you’ll be all right”  
Just stop eating all day, all night!

It’s so easy to criticize  
Those who are more than twice your size;

Thoughtless abuse of the obese  
Makes their suff’ring more than increase.

We multiply their painful guilt,  
We cause them to withdraw and wilt;

They suffer full of guilt and pain  
Unfairly treated once again;

Withdrawn, shamed, alone in retreat  
Hating themselves, doubly beat;

There’s no such thing as camouflage  
When you are big and really large;

On their heads stick all of the blame  
Smeared on thick by foul gifts of shame;

You people, self-righteously thin,  
Is that a fair way for you to “win?”

Why must you so self-aggrandize  
Hurting others based on their size?

Why can’t you see it just like this:  
There is no need for your prejudice.

Lord, forgive you, you do not know  
How much pain you thoughtlessly sow.

Where are you at to judge the fat?  
It’s a twist of fate, only that.

Some DNA, base pair more or less--  
YOU could have been that “weighty mess.”

An ancestor’s mate passed the trait--  
Chanced by fate, here little, there great;

If you mean to make fat obscene  
Your motive shouts “unclean, unclean!”

We all bear some sin from within--  
Cast no stones at your weighty twin;

It’s easy for you, you know that,  
Try to walk one mile in their fat!

Treat the fat just like other folks,  
Try to be kind, drop the fat jokes;

They will respond with gratitude  
When you adjust your attitude;

And, respecting themselves once more  
Gone their guilt and urge to withdraw;

Buoyed by this new self-confidence  
Their now loving self makes good sense;

Back in humanity's mainstream,  
Loving self, their world, not a dream.

So, show kindness for all living things,  
Give the obese love to fly as with wings;

Or, purchase God’s eternal curse--  
Pump up yourself, bash the diverse.

*[--Copyright. GSM Cowan. Memphis. 2002]*

# New Holzer AM Support Groups

**HOLZER**

CENTER FOR  
COMPREHENSIVE  
WEIGHT LOSS

**When:** 10:30 am

**Where:** Holzer Conference Room C

The meetings will be held the first Monday of every month excluding July (for picnic) and September (for holiday).

Monday	March	7
Monday	April	4
Monday	May	2
Monday	June	6
Monday	July	11 (picnic grounds 6:30 pm)
Monday	August	1
Monday	Sept	12
Monday	Oct	3
Monday	Nov	7
Monday	Nov	5



For more information or questions please call 740-446-5825

## Please Note:

Effective January 31, 2005, the Center for Comprehensive Weight Loss Programs at St. Elizabeth and St. Joseph's Health Centers have been terminated. Contact 1-330-480-2866 for bariatric services at St. Elizabeth and St. Joseph Surgical Weight Loss Centers, or contact 1-866-685-3395 for bariatric services with another Center for Comprehensive Weight Loss.