



# Bariatric Surgery Program

eNewsletter | **May 2023**



**MAY**  
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## Support Group

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Hear testimonials from  
Bariatric Surgery patients  
about their weight loss  
journeys!

Thursday, May 18, 2023

6-7pm

[Join here!](#)



Aetna patient?

Use this [link](#) to receive credit for Support Group attendance by completing the Survey!

## Bariatric Monthly Support Group



[Register Here!](#)

### Registration Instructions:

- For New and Established Bariatric Patients
- Select one or more Support Group Meetings, click next at bottom of page
- Fill in your information, click next then submit
- You will receive in your email:
  - Confirmation with Zoom link
  - Zoom link the day before and two the day of the event
  - Survey for Aetna patients in your email 1 day after the event



Looking for ways to get more plant-based protein or fiber? Try this easy [Edamame and Black Bean Salad!](#)

Lactose intolerance can be common after bariatric surgery due to changes in the gastrointestinal tract.

Read [this article](#) for strategies and options!



## Welcome!



## Bonnie Chambers, NP-C Bariatric Nurse Practitioner

My name is Bonnie Chambers. I am the new Nurse Practitioner with Bariatric Surgical Services. I am very excited to be here and to get to know each one of you! I have been a nurse for almost 20 years. I began my career here at Wilmington Hospital as a floor nurse on one of our surgical units. After almost a decade, I obtained my Master of Science in Nursing from the University of Delaware and began the next stage of my professional career working as a nurse practitioner (NP). I have been a part of the general surgery and trauma team in the outpatient setting for around 6 years at the Newark campus. I am excited to be a part of this process with you! You all should be very proud of the work you are putting into improving your overall health. I know it isn't easy. I've dealt with my own health battles recently. I am proud to say I am now a breast cancer survivor, but it has been quite a battle getting there. I understand the struggles and the ups and downs when you are trying to fight for your future. And I want you all to truly know that I will be here along with every other member of this fabulous team that I am now lucky to be part of.

I am a mother to 2 amazing kids, Lily who is 10 and Liam who is 5. They are the lights of my life. I also like to travel, attend concerts, and the theatre. In fact, I like to do a little acting when I have the chance also. Please never hesitate to reach out to me. I look forward to being apart of this journey with you all!



Get Involved  
**Take Action**

Join a diverse group to and make a difference in weight bias, access to care for obesity through education, advocacy and support!

- Get involved by joining the OAC Community!
- Join the Awareness Campaigns!
  - Your Weight Matters
  - Obesity Care Week
  - Stop Weight Bias Campaign
- Look for information on stopping wait bias, access to care and state resources!

[Home Page - Obesity Action Coalition](#)





## DID YOU KNOW?

- 1 in 5 Americans will develop skin cancer by age 70.
- Having 5 or more sunburns doubles your risk for melanoma
- When detected early 5-year survival rate is 99%

Visit the [Skin Cancer Foundation](https://www.skincancer.org):

- To find a dermatologist
- Skin Cancer Information
  - Risk Factors
  - Early Detection
  - Prevention
  - Treatments and Resources
- #SharetheFacts on social media to raise awareness
- #SkinCheckChallenge
- Spread the Word About the Big See Campaign
- Look for the Seal of Recommendation for accepted skin cancer prevention products



# May

## SKIN CANCER AWARENESS MONTH



Christiana Care Bariatric Surgery Program  
Wilmington Surgical Services  
Wilmington Hospital  
501 W. 14<sup>th</sup> Street, Suite 2E15  
Wilmington, DE 19801

*Are you due for your yearly follow up visit?  
Call us today at (302) 320-4175 to make your  
appointment!*

*Click [here](#) for our Bariatric Surgery Services website!  
Click [here](#) to join our Facebook page!*

