



**ChristianaCare**<sup>™</sup>

**Bariatric Surgery Program**  
**eNewsletter | October 2023**

**Available now!**

**Keep your meals exciting while advancing through your diet after Weight Loss Surgery!**

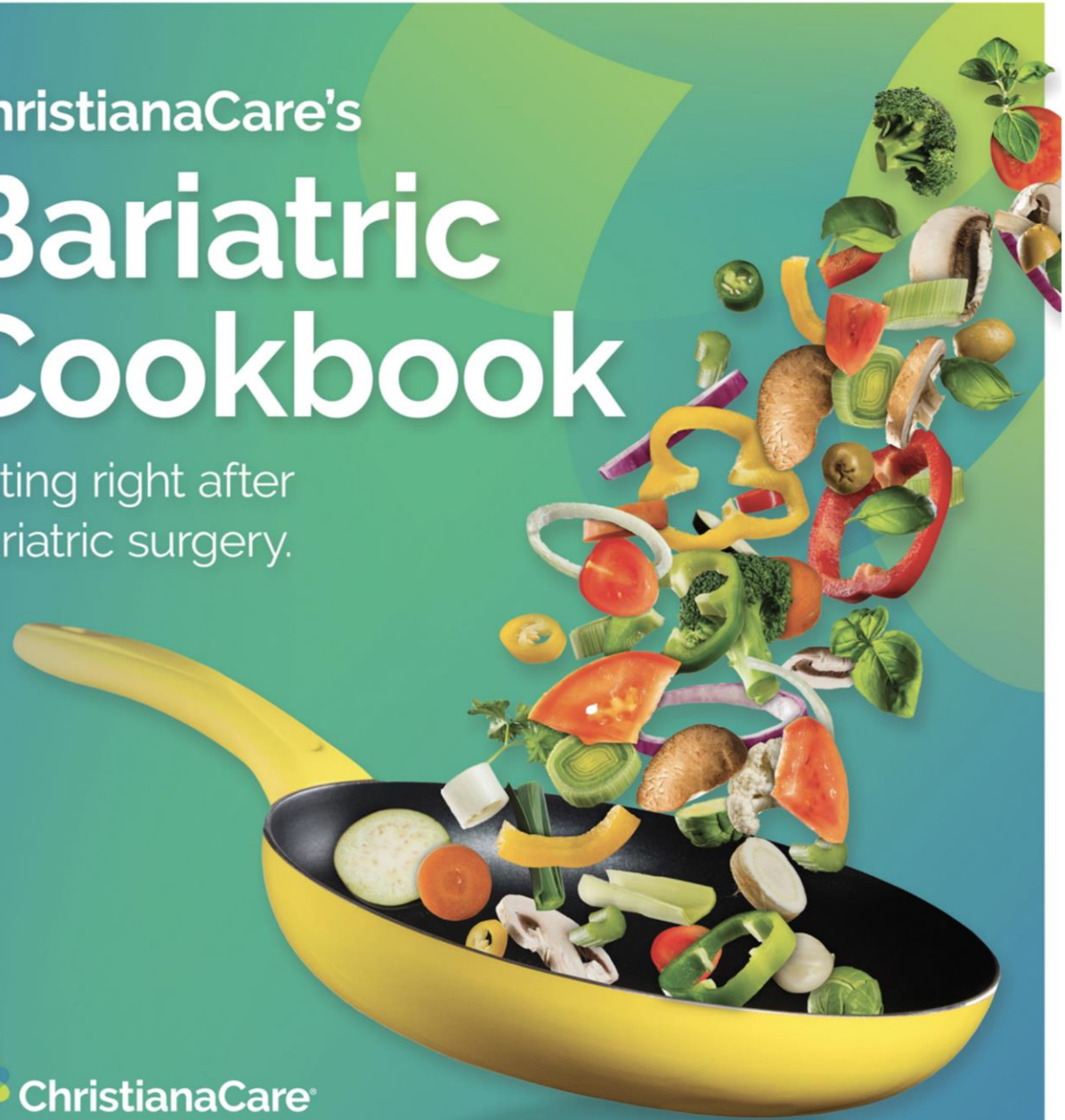
**Visit our website by clicking below.**

[Bariatric Surgery \(Weight Loss Surgery\) \(christianacare.org\)](http://christianacare.org)

ChristianaCare's

# Bariatric Cookbook

Eating right after bariatric surgery.



**Now available!**

Easy access anytime to great information to assist you in your weight loss journey!

- **Weight Loss Surgery Guide**
- **Life Skills Video Series**
- **Life Skills Packet**
- **Bariatric eRecipe Cookbook**
- **Monthly eNewsletters**



[Bariatric Patient Resources  
\(christianacare.org\)](http://christianacare.org)

# October Support Group Topic

Dr. Joseph Danyo  
Plastic Surgeon  
presents

“Plastic Surgery Options After Weight Loss”  
October 26, 2023 @ 6pm

[Join Here](#)





## 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

Aetna patient?

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



HELLO  
*Pumpkin Season*

Satisfy your urge for everything pumpkin by trying this recipe for [Pumpkin Spice Power Bowl!](#)



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Need a good  
beginner workout?

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[Low Impact HIIT  
Workout for Beginners  
- 20 Min Beginner Low  
Impact Cardio HIIT No  
Jumping at Home -  
YouTube](#)





# Early detection saves lives!

Click [here](#) for information on screening, early detection, risks, prevention and diagnosis.



OCTOBER

BREAST CANCER

AWARENESS MONTH

# Be a Heart Walk Hero

Register Today!



## Date & Time

Sunday, October 8  
Event Opens - 7am  
Walk Starts - 8am

## Location

Tubman Garrett Park  
on the Riverfront  
Rosa Parks Drive  
Wilmington, DE

Join our team,  
**#TeamLosetoWin**  
or Donate Here!



Get Involved  
**Take Action**

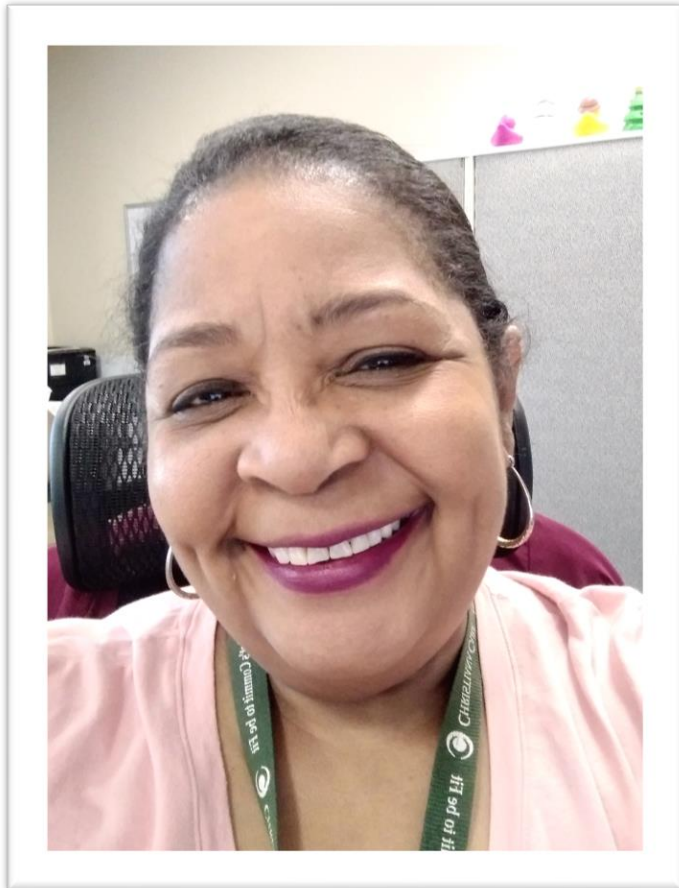
Join a diverse group to and make a difference in weight bias, access to care for obesity through education, advocacy and support!

- 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](#)



## Deirdre Wallace Pre-Authorization Representative



Hi! My primary responsibilities are to get your insurance company to say "YES" or approve your bariatric surgical procedure, as well as process your FMLA documents. However, I wear many hats. Not only will you find me at my desk, on the phone discussing your case, but you may also find me at the Front Desk checking in patients coming to our other clinics, or you will find me on the phones in our department telephone room fielding phone calls and scheduling appointments.

In my spare time, I enjoy crafting, making seasonal door wreaths and copying DIY projects from watching YouTube videos. I am a mother of two adults, a grandmother of a 21-year-old and also a former bariatric patient.

Getting your case authorized and approved is a challenge. It entails developing a rapport with insurance company representatives from various parts of the U.S., patience, tenacity and organization to assure you get the approval you need to proceed with surgery.

I want our bariatric patients to know that from the time you come in our door, wheels are spinning on your behalf. I work with a phenomenal team of professionals ranging from our surgeons and nurses to our medical schedulers, medical and office assistants and office manager. I don't want to leave out the other clinical workers and administrators with this 'shout out'. Working in this practice continues to be an amazing experience. Whatever obstacles we face, we work through them together. To make your weight loss journey as seamless as possible. Daily I tell myself, "let's help someone today" and it never fails that I make someone's day. I am proud of the number of times I've made a call to you to let you know that you've been approved. I hear your excitement and sometimes nervousness about the next step in the process....we are behind you 100%!



Christiana Care Bariatric Surgery Program  
Wilmington Surgical Services  
Wilmington Hospital  
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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!

