

An Introduction to Bariatric Surgery

From the publishers of bariatric learning center.

www.BariatricLearningCenter.com

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The Purpose of This Guide

This booklet was created by the publishers of Bariatric Learning Center (www.BariatricLearningCenter.com). It is meant to serve as an introductory lesson on bariatric surgery, also known as weight loss surgery or obesity surgery.

With bariatric surgery exploding in popularity, we thought it was important to educate the public on the subject. Consumer education is the basic premise of our website, as well as this free booklet that we have put together. We hope this information gives you a better understanding of bariatric surgery in general, and prepares the way for further research on the subject.

Obviously, this booklet is not meant to be an all-inclusive review of bariatric surgery. There are books available at your local bookstore and online that have covered that already. We just wanted to do our part by offering an overview of bariatric surgery, in a freely accessible format like this e-booklet.

Important Disclaimer

Like our website, this booklet is intended for informational purposes. The information contained herein does not take the place of professional medical advice, nor is it intended to. When considering a bariatric surgical procedure (or any type of surgery, for that matter) you should always explore your options, educate yourself on the process, and consider the advice of medical professionals.

We are not doctors. We are researchers, writers and publishers. We do not provide medical advice or recommendations — we simply gather information and present it for consumer consumption. Never disregard professional medical advice because of something you have read on our website or in this booklet!

Always consult a medical professional before making any decisions about bariatric weight-loss surgery. By downloading and reading this booklet, you signify your understanding of the above-stated policy.

Sincerely,

Brandon Cornett
Publisher, Bariatric Learning Center
www.BariatricLearningCenter.com

What is Bariatric Surgery?

Most people researching weight loss surgery eventually run into the word “bariatric” and by extension “bariatric surgery.” But what is bariatric surgery, and what does it have to do with weight loss?

Simply stated, bariatric surgery and weight loss surgery both refer to the same thing — various types of surgery intended to help obese patients lose weight. So what is bariatric surgery? It’s weight loss surgery. The two phrases are synonyms! Now, isn’t that much easier to understand?

So now that we know what bariatric surgery is, let’s talk about the types of surgeries this umbrella definition covers. In her book *The Patient’s Guide to Weight Loss Surgery*, author April Hochstrasser defines bariatric surgery as “surgery on the stomach and/or intestines to help people lose weight by altering the normal digestive process.”

Common Types of Bariatric Surgery:

- Adjustable Gastric Band
- LAP-BAND® System (a type of gastric banding)
- The Fobi-Pouch Operation
- Gastric Bypass
- Roux-en-Y Gastric Bypass
- Vertical Banded Gastroplasty

Now let's look at each type of bariatric surgery in more detail:

Adjustable Gastric Band

An Adjustable Gastric Band is band that goes around the upper part of the stomach. It is inserted laparoscopically, and when fully inserted it creates a small “pouch” in the upper stomach, thereby reducing the stomach’s capacity (and the patient’s capacity for food). Unlike stomach stapling, gastric banding can be adjusted in size by inflating or deflating the band.

LAP-BAND® System (a type of gastric banding)

Lap Band surgery has become one of the most common types of weight loss surgery in the United States and abroad. Lap Band surgery is often covered by the media and is one of the most popular Internet search terms within the realm of bariatric surgery.

When you hear someone refer to Lap Band surgery, they are usually referring to a surgery involving the LAP-BAND® System. This is an FDA-approved gastric banding device that is placed around the stomach to create a small pouch, thus reducing the patient’s stomach capacity (as with other types of weight loss surgery).

The band is inserted in laparoscopic fashion, which makes the surgery minimally invasive -- as compared, for example, to a full gastric bypass surgery.

Learn more about the LAP-BAND® System at: www.LabBand.com

Fobi-Pouch Operation

A Fobi-Pouch Operation is basically a variation of the traditional gastric bypass surgery. The procedure is named for Dr. Mathias Fobi. This Fobi-Pouch procedure is most commonly used on patients who have not lost enough weight from a vertical banded gastroplasty (VBG). Dr. Fobi devised a way to perform a modified gastric bypass on patients who still had bands in place from their VBG procedure, and today it is known as the Fobi-Pouch procedure.

Gastric Bypass Surgery

Gastric Bypass Surgery is a form of bariatric surgery (or weight-loss surgery) in which a portion of the stomach is stapled off and rendered unusable. The intestine is then reattached to the smaller portion of the stomach. With the newly reduced capacity of the stomach, patients of gastric bypass surgery cannot eat as much food as they did before because they feel “full” much quicker than before.

Roux-en-Y Gastric Bypass

Roux-en-Y is a type of gastric bypass surgery in which the stomach is divided into two sections, thus creating a stomach “pouch” that is in turn attached to the intestine. This bypasses a large portion of the stomach as well as the duodenum, reducing both food consumption and fat absorption. The “Y” refers to the artificial connection that is used with this type of bariatric surgery.

Vertical Banded Gastroplasty

Similar to other forms of bariatric surgery, vertical banded gastroplasty (VBG) involved the creation of a “stomach within the stomach.” That is, the procedure create a smaller stomach area within the larger stomach, thus restricting the amount of food a person can eat. With VBG, a line of staples is created high up on the stomach, creating a smaller pouch.

So Let’s Recap

What is bariatric surgery? It is the clinical term for weight loss surgery? What’s the point? To help obese patients lose weight by altering their digestive process. What are the most common types of bariatric surgery? Gastric bypass and adjustable gastric banding procedures.

Bariatric Surgery - 5 Questions You Should Ask

If you are considering a bariatric weight-loss procedure, you probably have a long list of questions in mind. That's good! If you don't ask questions about a particular type of surgery, you are not taking it as seriously as you should. Below we have listed a few "must ask" questions that you should include.

1. Am I a Candidate for Bariatric Surgery?

Bariatric weight-loss surgery is not for everyone. In most cases, bariatric surgeons will only recommend this type of surgery for "morbidly obese" individuals. I know that's not a pleasant phrase, but it's one used by the medical community to describe a certain level of weight problem. Morbidly obese means that the person's obesity is a legitimate threat to his or her health and wellbeing.

Typically, doctors will only start the review process when a person's body mass index (or BMI) is greater than 40. Body mass index is a measurement that takes into account a person's gender, height and weight. When a person has a BMI of 40 or greater, doctors will generally proceed with the assessment to determine a patient's candidacy for bariatric weight-loss surgery.

2. What Type of Surgery?

Another decision you'll have to make up front is the type of bariatric weight-loss surgery you want to pursue. Over the last few years, there have been many advancements in the field of bariatric surgery. The use of laparoscopic techniques, for instance, provides a minimally invasive alternative to full surgery in some cases. New products have also come onto the scene, such as the LAP-BAND system. So before you proceed with this list of questions, you'll need to research your surgical options and choose the one that's best for you.

3. Do I Understand the Effects?

Bariatric surgery has long-term effects, and these effects will differ based on what type of surgery you undergo. For instance, with gastric bypass surgery, your capacity for food consumption will be greatly reduced. That's the whole point of the surgery, and it's more or less a permanent effect. With some of the new lap band surgeries, on the other hand, the stomach's capacity can be altered post-surgery by making adjustments to the band. This type of surgery can even be reversed, in most cases. So before you choose a type of bariatric weight-loss surgery, be sure you know the long-term effects of each one.

4. Do I Know the Risks?

Every type of surgery has risks, and bariatric surgery is no different. The risks will vary depending on which type of weight-loss surgery you pursue (which is why the type of surgery was question #2). Once you decide on a type of bariatric weight-loss surgery, you need to learn about the risks associated with that surgery. Do some research online to find out what type of risks you might face, as well as any percentages / statistics you can

located. Only when you understand these risks can you make an informed decision about bariatric weight-loss surgery.

5. Which Doctor Should I Choose?

Once you have (A) determined you are a viable candidate for bariatric surgery, (B) researched the different types of bariatric surgery, and (C) learned about the long-term effects and possible risks, you are ready for the next logical step in the process. You are ready to ask question #5, "Which doctor should I choose?"

In many regards, choosing a bariatric surgeon is like choosing any other surgeon. You want to find a surgeon who is experienced in the field, as well as one who makes you comfortable. Some surgeons are highly skilled but lack a pleasant "bedside manner," while other surgeons are great with people but less experienced in bariatric surgery.

You want to find a surgeon with a combination of these qualities, one who is both highly skilled and easy to talk to.

One of the places you can go to research bariatric surgeons is the American Society of Bariatric Surgery (www.asbs.org). You can also refer to the resources listed at the end of this booklet, or visit BariatricLearningCenter.com for a list of resources by state.

Bariatric Surgery Centers of Excellence

Bariatric surgery is a serious undertaking, as with any other form of surgery. So as a potential patient, it only makes sense to try and find the most qualified and experienced bariatric surgeon in your area.

But how do you go about it?

One way to find a qualified surgeon is through the Bariatric Surgery Centers of Excellence program, managed by the American Society for Bariatric Surgery (ASBS). To earn the Center of Excellence designation, a surgery center has to maintain a track record of success as outlined by the ASBS.

To learn about the criteria a bariatric surgery center must meet for this recognition, or to find a Center of Excellence near you, use the links provided below.

Criteria for Bariatric Surgery Centers of Excellence:

http://www.surgicalreview.org/pcoe/free_standing/freestanding.aspx

To find a center near you:

<http://www.surgicalreview.org/locate.aspx>

What's the benefit of choosing a designated Bariatric Surgery Center of Excellence? First off, we are not recommending for or against such centers. That would violate our often-stated neutrality policy. But the thing to consider here is that a surgery center with a designation like this is more of a "known quantity." You know they have been reviewed a professional organization against a defined (and rigorous) set of criteria.

The Cost of Bariatric Surgery

If you are considering bariatric weight-loss surgery, the cost of surgery is probably one of your main considerations. In fact, when asked about their decision-making criteria for having such a procedure, many people cite the cost of bariatric surgery as a top factor (along with other important considerations, like risks vs. benefits, the surgeon's experience, etc.).

So to help you understand bariatric surgery costs and what goes into them, I have scoured the Web to find as many "quotes" I could find from bariatric surgery patients, doctors and others in the industry. You might call it required reading for anyone considering a bariatric weight-loss procedure.

Surgery Costs are Always Changing

The important thing to remember is that surgery costs are never fixed. They are always changing due to factors ranging from general inflation to the number of bariatric surgeons in a particular area. With that said, here are some general guidelines on bariatric surgery costs.

Highs and Lows

Based on my research, it seems that the cost of bariatric surgery ranges from \$10,000 on the low end and \$40,000 on the high end, based on the type of procedure you undergo. Keep in mind that there are several types of bariatric surgery, and each has a different cost associated with it.

What Makes Up the Cost?

The overall cost for bariatric surgery comes from a variety of fees, including (but not limited to) hospital fees, lab fees, x-ray fees, anesthesia, and of course the doctor's fees. Post-op services also factor into the cost (monitoring, follow-up visits, dietary support, etc.), and these fees are wide-ranging.

Cost vs. Popularity

Despite the cost of bariatric surgery, such procedures are exploding in popularity. In fact, the number of bariatric surgical procedures in the U.S. has increased nearly ten-fold over the past decade.

So what have we learned from this sampling of articles online? Well, it seems that the cost of bariatric surgery ranges from \$10,000 on the low end and \$40,000 on the high end, based on the type of procedure you undergo.

I hope this brief article has helped you get a better understanding of the various costs associated with bariatric surgery. When considering such a procedure, be sure to factor in the doctor's experience along with the costs. In my opinion, it's much more important to have an experienced bariatric surgeon than to save a few bucks on the surgery.

Criteria for Bariatric Surgery

Are you considering bariatric surgery to reduce obesity? If so, you probably want to know the bariatric surgery criteria that qualify patients for this type of surgery. But first, a quick definition:

Bariatric surgery, also known as weight loss surgery and obesity surgery, refers to a variety of surgical procedures intended for people who are considered "morbidly obese." When a person's obesity level is such that it severely affects their health and wellbeing, the person may be a candidate for bariatric surgery.

But doctors won't perform this type of surgery on just anybody. Because of the risks involved with any type of surgery, as well as the lifestyle changes inherent with bariatric surgery, doctors usually adhere to a predefined set of criteria to screen candidates.

Basic Criteria for Bariatric Surgery

Most surgeons adhere to a pre-defined set of bariatric surgery criteria established by one or more professional organization. These criteria help bariatric surgeons determine whether or not a person is qualified to undergo such a procedure.

In most cases, a patient will qualify for surgery when they meet most of bariatric surgery criteria below:

- The candidate is severely obese with a body mass index (BMI) for 40 or greater.
- The candidate has attempted (and documented) other methods of weight loss, such as dietary changes, exercise programs, etc. But these programs did not reduce the person's weight below the obesity level.
- The candidate's daily life is hampered by obesity, rendering them unable to perform routine tasks and activities.
- Obesity is lowering the patient's quality of life.
- The patient understands the risks associated with bariatric surgery, as well as the life changes that will result in such a surgery.
- The patient is willing to be monitored for health reasons after the surgery, for a length of time pre-determined by the bariatric surgeon.

Each surgeon will have his or her own set of bariatric surgery criteria, but these are the basic criteria that most follow when screening candidates for this type of surgery.

What Are *Your* Criteria?

The criteria listed above are those used by bariatric surgeons to determine if a person is a candidate for weight loss surgery. But these are not the same as the questions you should ask yourself when considering a bariatric surgical procedure.

Foods and Diet After Bariatric Surgery

A frequent concern among patients of bariatric weight-loss surgery is what foods to eat or avoid after bariatric surgery. After all, when you surgically alter your stomach's capacity, it's only natural to consider the question of diet / foods after bariatric surgery.

Regarding food and diet after bariatric surgery, the main thing to remember is that you will not be able to consume nearly as much food as you did before the surgery. That's the primary point of a weight-loss surgery procedure — to reduce the stomach's capacity and by extension the patient's weight.

Based on our research (sources cited below), these following general rules apply. During the first week after your bariatric surgical procedure, you should be on a liquid diet. This will likely be the same exact diet you had while in the hospital, and it will include water, tea, juice, gelatin, and certain types of soup. Avoid milk and ice cream during this period.

How your diet progresses after that will vary based on the type of surgery you've undergone. To learn more on this subject, use the resources provided below.

According to the National Institutes of Health:

“You will remain on liquid or pureed food for several weeks after the surgery. Even after that time, you will feel full very quickly, sometimes only being able to take a few bites of solid food. This is because the new stomach pouch initially only holds a tablespoonful of food. The pouch eventually expands. However, it will hold no more than about one cup of thoroughly chewed food (a normal stomach can hold up to one quart).”

- Source: <http://www.nlm.nih.gov/medlineplus/ency/article/007199.htm>

After Gastric Bypass Surgery

Cedars-Sinai Medical Center

www.csmc.edu/2447.html

Eating Methods after Gastric Bypass Surgery

UC Davis Health System

www.ucdmc.ucdavis.edu/surgery/specialties/bariatric/

Gastric Bypass Diet

The Mayo Clinic

www.mayoclinic.com/health/gastric-bypass-diet/WT00007

Foods After LAP-BAND® System Surgery

About.com Women's Health

www.womenshealth.about.com/od/fitnessandhealth/a/weightlossurg_3.htm

Possible Complications of Bariatric Surgery

Every type of surgery comes with a certain degree of risk, and bariatric weight-loss surgery is no different. But what are the potential complications of weight loss surgery, and how common are they? We will attempt to answer these questions here.

What is Weight Loss Surgery?

Before we talk about the possible complications of weight loss surgery, we need to define what this type of surgery entails, just so we are on the same page. Simply stated, bariatric surgery and weight loss surgery both refer to the same thing -- various types of surgery intended to help obese patients lose weight.

In her book *The Patient's Guide to Weight Loss Surgery*, author April Hochstrasser defines bariatric surgery as "surgery on the stomach and/or intestines to help people lose weight by altering the normal digestive process."

Complications of Weight Loss Surgery

The complications associated with weight loss surgery vary, based on the type of surgery being performed. And, of course, the potential risks and complications of general surgery apply here as well.

Potential complications of general surgery:

- Respiratory problems
- Risk of infection (from incision area)
- Excessive bleeding (internal or external)
- Allergic reaction to medicines
- Reactions to anesthesia

Potential complications of weight loss surgery:

- Leaking of stomach acid or bacteria into the abdominal cavity
- Vitamin and mineral deficiencies as a result of malabsorption
- Hernia in the abdominal wall (with gastric bypass)
- Dumping syndrome (heart palpitations, nausea, sweating, etc.)

The major risks of weight loss surgery:

- Leaking of stomach content into other areas
- Blood clots
- Respiratory failure

According to the University of Iowa report "Mortality in Obesity Surgery," the majority of patients who die within a month of weight loss surgery suffer one of the three major complications above.

Bariatric Surgery Abroad

Traveling outside the U.S. for medical treatment is nothing new. “Medical tourists” have been doing it for years. Dental care, in particular, is a common procedure that people travel for, because the savings can be significant. But what about bariatric weight-loss surgery? Should you travel abroad for this type of surgery just to save some money?

A recent article in *The Tennessean* mentions a woman who did just that, traveling to Mexico to have a type of bariatric surgery. Fortunately, her experience went well:

“The hospital was immaculate,” said Barbara Morris of White Bluff, who had weight-loss surgery in Mexico. “The nurses just hovered over you. The doctor e-mailed me 100 times a day. He answered all my questions.” -Source: www.tennessean.com

What does the American Medical Association think of this? Well, seeing how the organization is largely made up of American doctors, they are predictably against the notion. But they do recommend that patients thoroughly research any surgery center, within the United States or beyond our borders.

It is not the point of this booklet to recommend having bariatric weight-loss surgery abroad, or even to recommend bariatric surgery in the first place. We have merely presented this topic based on its relevance to the subject at hand. So the best we can do is help you learn about this notion of “medical tourism” by offering resources such as these:

Patients Beyond Borders

This book (and accompanying website) is a guide for Americans considering medical travel. According to the book's website: *Patients Beyond Borders* gives you detailed information on the best hospitals and treatment centers in 22 destinations worldwide. www.PatientsBeyondBorders.com

Medical Vacations - A Good Idea?

Excerpt: “There’s even one medical tourism agency called PlanetHospital that offers a special service that arranges for American doctors to travel with patients overseas to perform surgeries and then handle follow-up care back home.” www.consumeraffairs.com/news04/2007/01/medical_vacations.html

Planet Hospital

This is the agency mentioned in the article excerpt above. According to their website: “PlanetHospital, we are more than just a medical tourism company. We are in the business of making healthcare affordable. We achieve this by finding the best and safest hospitals and surgeons around the world.” www.PlanetHospital.com

Remember, wherever you decide to go for bariatric weight-loss surgery, be sure to do plenty of research.

Glossary of Bariatric Surgery Terms

What is bariatric surgery? What options do you have when considering weight-loss surgery? How do the various procedures actually work? These are just a few of the questions you should ask when considering any type of bariatric procedure.

But before you can ask the more complex and important questions about bariatric surgeries, you need to have a grasp on the terminology. At a minimum, we recommend that you read this entire glossary to get a good understanding of such terminology.

Some of the definitions that follow have appeared elsewhere in this booklet. Others appear here for the first time. We have compiled them for the sake of convenience and easy reference.

Adjustable Gastric Band

An Adjustable Gastric Band is a band that goes around the upper part of the stomach. It is inserted laparoscopically, and when fully inserted it creates a small “pouch” in the upper stomach, thereby reducing the stomach’s capacity (and the patient’s capacity for food). Unlike stomach stapling, gastric banding can be adjusted in size by inflating or deflating the band.

Bariatric(s)

The field of medicine dealing with weight loss.

Bariatric Surgery

Bariatric surgery refers to various types of surgery intended to help obese patients lose weight. In her book *The Patient’s Guide to Weight Loss Surgery*, author April Hochstrasser further defines bariatric surgery as “surgery on the stomach and/or intestines to help people lose weight by altering the normal digestive process.”

Body Mass Index

Body Mass Index (or BMI) is a measure of body weight relative to height. Physicians use this measurement to determine the level of obesity in a patient. Bariatric surgeons in particular use BMI (and other factors) to determine if a person is a candidate for bariatric surgery / weight-loss surgery. A body mass index of more than 40, given the presence of other supporting criteria, usually suggests that a person is morbidly obese by medical standards.

Dumping Syndrome

Dumping Syndrome is a possible side effect / complication of bariatric surgery. Dumping syndrome occurs when the stomach contents move through the small intestine too quickly. The symptoms of dumping syndrome may include heart palpitations, sweating, nausea, diarrhea, general weakness and faintness. Dumping syndrome is usually associated with the consumption of sugary foods or sweets after a gastric bypass surgery.

Duodenum

Initial section of the small intestine that includes the pyloric valve. This is where the small intestine connects with the stomach.

Fobi-Pouch Operation

A Fobi-Pouch Operation is basically a variation of the traditional gastric bypass surgery. The procedure is named for Dr. Mathias Fobi. This Fobi-Pouch procedure is most commonly used on patients who have not lost enough weight from a vertical banded gastroplasty (VBG). Dr. Fobi devised a way to perform a modified gastric bypass on patients who still had bands in place from their VBG procedure, and today it is known as the Fobi-Pouch procedure.

Gastric Bypass Surgery

Gastric Bypass Surgery is a form of bariatric surgery (or weight-loss surgery) in which a portion of the stomach is stapled off and rendered unusable. The intestine is then reattached to the smaller portion of the stomach. With the newly reduced capacity of the stomach, patients of gastric bypass surgery cannot eat as much food as they did before because they feel “full” much quicker than before.

LAP-BAND® System (a type of gastric banding)

An FDA-approved gastric banding device that is placed around the stomach to create a small pouch, thus reducing the patient’s stomach capacity (as with other types of weight loss surgery). The band is inserted in laparoscopic fashion, which makes the surgery minimally invasive.

Malabsorption

A condition in which the body is unable to absorb the nutritional contents of food because artificial conditions (such as reconfiguring the bowel). Some types of bariatric surgery are malabsorptive, meaning they are intended to interfere with the absorption of calories through the intestine. The gastric bypass is a malabsorptive surgery.

Roux-en-Y Gastric Bypass

Roux-en-Y is a type of gastric bypass surgery in which the stomach is divided into two sections, thus creating a stomach “pouch” that is in turn attached to the intestine. This bypasses a large portion of the stomach as well as the duodenum, reducing both food consumption and fat absorption. The “Y” refers to the artificial connection that is used with this type of bariatric surgery.

Vertical Banded Gastroplasty

Similar to other forms of bariatric surgery, vertical banded gastroplasty (VBG) involved the creation of a “stomach within the stomach.” That is, the procedure create a smaller stomach area within the larger stomach, thus restricting the amount of food a person can eat. With VBG, a line of staples is created high up on the stomach, creating a smaller pouch.

Bariatric Surgery Resources

We have gathered some additional resources to help you further your education on bariatric loss surgery. Remember, the more you can learn prior to making a decision about bariatric surgery, the better decisions you'll make!

Bariatric Learning Center

Of course we're going to plug our own website first! But that's only because it offers quality information on bariatric surgery. Our goal is to make this website the largest library of resources and articles pertaining to bariatric surgery.

www.BariatricLearningCenter.com

American Society for Bariatric Surgery

Home page excerpt: "Founded in 1983, foremost American surgeons have formed the society's leadership and have established an excellent organization with educational and support programs for surgeons and allied health professionals."

www.asbs.org

American Obesity Association

Home page excerpt: "Here you will find what we think is the most comprehensive site on obesity and overweight on the Internet. Obesity is not a simple condition of eating too much. It is now recognized that obesity is a serious, chronic disease."

www.obesity.org

Obesity Help

This website is a huge resource of information on this subject. You'll find before-and-after photos of bariatric surgery patients, forums, support groups, articles and more.

Highly recommended.

www.obesityhelp.com

What to Know About Gastric Bypass Surgery

What do you need to know about gastric bypass surgery? Well, if you're considering a gastric bypass procedure, you should know as much about it as possible. The advantages versus disadvantages, the after care, the long-term effects ... everything. About.com is a good place to start. They have compiled some helpful information on the subject.

www.weightloss.about.com/cs/gastricbypass/l/blgastby1.htm

Lapband Lifestyle

According to the introduction on this bariatric website: "Lapband Lifestyle was created, and is operated by, banded people and those that love and understand them. In other words—we experience it right along with you every day. And we have fun along the way." Be sure to check out their Frequently Asked Questions page. This page alone is an excellent resource for people considering a LAP-BAND type of weight-loss surgery.

www.LapBandLifestyle.com

Books On Weight-Loss Surgery

(All are available at Amazon.com)

A Practical Guide to Life After Bariatric Surgery, Cynthia Alexander, PsyD

Back cover: “This book is written for anyone who wants to change his or her life through bariatric weight loss surgery. Learn realistic and practical strategies for dealing with emotional difficulties encountered before and after weight loss surgery.”

Bariatric Support Crossing Over To a New You, Janice Wilson + Hobart Williamson

Back cover: “Bariatric surgery is an exciting life altering experience. You will need all of the support that you can get. Bariatric Support will show you what to expect and assist you along the way.”

The Patient’s Guide to Weight Loss Surgery, April Hochstrasser, PhD

Book description: “Over 65,000 people a year have weight loss surgery and the numbers are growing ... The Patient’s Guide to Weight Loss Surgery tells you everything about this increasingly popular procedure.

Conclusion

We hope you have found our bariatric surgery booklet helpful. More importantly, we hope it helps you make smart decisions regarding bariatric surgery. Remember to visit our website (www.BariatricLearningCenter.com) for much more information on this subject. Through our website, we offer news, articles and resources related to bariatric weight-loss surgery. The website is updated almost daily with new information.

Important Disclaimer

Like our website, this booklet is intended for informational purposes. The information contained herein does not take the place of professional medical advice, nor is it intended to. When considering a bariatric surgical procedure (or any type of surgery, for that matter) you should always explore your options, educate yourself on the process, and consider the advice of medical professionals.

Always consult a medical professional before making any decisions about bariatric weight-loss surgery. By downloading and reading this booklet, you signify your understanding of the above-stated policy.

Sincerely,

Brandon Cornett
Publisher, Bariatric Learning Center
www.BariatricLearningCenter.com