

Contents at a Glance

| | |
|--|------------|
| <i>Foreword</i> | xxvii |
| <i>Introduction</i> | 1 |
| <i>Part I: Is This for You?</i> | 7 |
| Chapter 1: The Ins and Outs of Weight Loss Surgery | 9 |
| Chapter 2: Voting for Surgery: Are You a Candidate? | 17 |
| Chapter 3: Incision Decisions: Your Surgical Options | 31 |
| Chapter 4: Understanding the Risks of Surgery | 47 |
| Chapter 5: Drafting Your Dream Team: It's More Than a Surgeon | 61 |
| <i>Part II: Preparing for Surgery</i> | 71 |
| Chapter 6: Paying for Surgery: No Assurance of Insurance | 73 |
| Chapter 7: Making the Grade: Testing Prior to Surgery | 87 |
| Chapter 8: Preparing Yourself Physically and Mentally: Getting in Tip-Top Pre-Op Shape..... | 99 |
| <i>Part III: The Hospital Experience and Beyond</i> | 111 |
| Chapter 9: Checking In and Out: Your Hospital Stay | 113 |
| Chapter 10: Knowing What You Can Eat for the First Few Months | 129 |
| Chapter 11: Starting on Solid Food | 151 |
| Chapter 12: Home Sweet Home: Returning after Surgery | 165 |
| Chapter 13: Hi-Ho, Hi-Ho, It's Back to Work You Go! | 175 |
| <i>Part IV: This Time I'm Going to Make It: Ensuring Success</i> | 183 |
| Chapter 14: What Is Success Anyway? | 185 |
| Chapter 15: Food for Thought: An Eating Plan for the Rest of Your Life..... | 197 |
| Chapter 16: Getting It in Gear: Making Exercise Part of Your Routine | 229 |
| Chapter 17: Enlisting Outside Help | 245 |
| <i>Part V: Changing Outside and In</i> | 253 |
| Chapter 18: Avoiding Potential Pitfalls: Physical Challenges | 255 |
| Chapter 19: Dealing with Post-Op Emotional Issues: What's Eating At You? | 265 |

| | |
|---|------------|
| Chapter 20: Me, Myself, and I: Your Relationship with Yourself | 277 |
| Chapter 21: Working At Relationships: Family, Friends, and Everyone in Between | 289 |
| Chapter 22: Now That I'm Thin, What about the Skin? | 301 |
| <i>Part VI: The Part of Tens</i> | 313 |
| Chapter 23: Ten Weight Loss Surgery Myths | 315 |
| Chapter 24: Ten Benefits of Weight Loss Surgery | 321 |
| Chapter 25: Ten Ways to Stay on the Straight and Narrow | 325 |
| <i>Index</i> | 329 |

Recipes at a Glance

Beef

| | |
|--------------------------|-----|
| Herbed Beef Patties..... | 154 |
| Just-Right Chili..... | 155 |

Fruits and Vegetables

| | |
|---------------------------------|-----|
| 🍷 Spaghetti Veggies..... | 221 |
| 🍷 Mandarin Orange Salad..... | 227 |
| 🍷 Strawberry Mango Chutney..... | 160 |
| 🍷 Tomato Garlic Salad..... | 160 |

Pork

| | |
|-----------------------|-----|
| Just-Right Chili..... | 155 |
| Burgundy Pork..... | 222 |
| Pork Chardonnay..... | 223 |

Poultry and Eggs

| | |
|---------------------------------------|-----|
| Chicken Curry Salad..... | 159 |
| Chicken Dijon..... | 224 |
| 🍷 Egg Salad..... | 143 |
| Garlic Chicken Salad..... | 144 |
| Honey Chicken Stir Fry..... | 218 |
| Ricotta Chicken..... | 226 |
| Sage Turkey Dijon Meatballs..... | 156 |
| 🍷 Spicy Blue Cheese Stuffed Eggs..... | 158 |
| Turkey Tacos..... | 147 |

Purees

| | |
|---------------------------------|-----|
| Dreamy Seafood Salad..... | 142 |
| 🍷 Egg Salad..... | 143 |
| Garlic Chicken Salad..... | 144 |
| Turkey Tacos..... | 147 |
| White Albacore Tuna Spread..... | 145 |

Seafood

| | |
|--|-----|
| Dreamy Seafood Salad | 142 |
| Floribbean Shrimp..... | 219 |
| Grilled Herb-Marinaded Tuna with Lime..... | 153 |
| Salmon Blush | 220 |
| Seafood Calypso Salad..... | 157 |
| Shrimp and Brie Scrambled Eggs | 158 |
| Surf-and-Turf Kabobs | 225 |
| White Albacore Tuna Spread | 145 |

Shakes

| | |
|--|-----|
| ☉ Chocolate-Covered Cherries Shake | 140 |
| ☉ Chocolate Peanut Butter Shake | 140 |
| ☉ Orange Creamsicle Shake | 141 |
| ☉ Strawberry and Banana Smoothie | 142 |
| ☉ Vanilla Cappuccino Shake..... | 141 |

Table of Contents

.....

| | |
|-----------------------|--------------|
| <i>Foreword</i> | <i>xxvii</i> |
|-----------------------|--------------|

| | |
|---------------------------|----------|
| <i>Introduction</i> | 1 |
|---------------------------|----------|

| | |
|---|---|
| About This Book..... | 1 |
| Conventions Used in This Book | 1 |
| Foolish Assumptions | 2 |
| How This Book Is Organized..... | 2 |
| Part I: Is This for You?..... | 2 |
| Part II: Preparing for Surgery | 3 |
| Part III: The Hospital Experience and Beyond | 3 |
| Part IV: This Time I'm Going to Make It: Ensuring Success | 3 |
| Part V: Changing Outside and In..... | 3 |
| Part VI: The Part of Tens | 4 |
| Icons Used in This Book..... | 4 |
| Where to Go from Here..... | 5 |

| | |
|---------------------------------------|----------|
| <i>Part 1: Is This for You?</i> | 7 |
|---------------------------------------|----------|

| | |
|---|----------|
| Chapter 1: The Ins and Outs of Weight Loss Surgery | 9 |
|---|----------|

| | |
|--|----|
| Is Weight Loss Surgery Right for You?..... | 11 |
| How Does the Surgery Work? | 11 |
| What Are the Risks and Benefits? | 12 |
| Which Surgeon Should You Go To?..... | 14 |
| Will Your Surgery Be Covered by Insurance? | 14 |
| What Lifestyle Changes Will You Have to Make? | 15 |
| What New and Exciting Experiences Will You Have? | 16 |

| | |
|--|-----------|
| Chapter 2: Voting for Surgery: Are You a Candidate? | 17 |
|--|-----------|

| | |
|---|----|
| Knowing Whether You Meet the Criteria | 18 |
| Measuring Your Body Mass Index..... | 19 |
| Documenting Your Dieting History..... | 21 |
| Comorbidities: Identifying the Conditions Affected by Your Weight | 22 |
| Heart disease | 23 |
| Diabetes | 24 |
| Sleep apnea | 24 |
| Acid reflux | 25 |
| Osteoarthritis..... | 25 |
| Polycystic ovary syndrome | 25 |

| | |
|--|----|
| Knowing What You're Getting Into..... | 26 |
| Making a Lifelong Commitment: Are You Ready? | 30 |

Chapter 3: Incision Decisions: Your Surgical Options 31

| | |
|--|----|
| Roux-en-Y | 31 |
| What is it? | 33 |
| Who does it work for? | 33 |
| What are the pros and cons? | 34 |
| Adjustable Gastric Banding (or Lap-Band) | 37 |
| What is it? | 37 |
| Who does it work for? | 38 |
| What are the pros and cons? | 39 |
| Biliopancreatic Diversion..... | 40 |
| What is it? | 40 |
| Who does it work for? | 41 |
| What are the pros and cons? | 41 |
| Other Weight Loss Procedures..... | 44 |
| Vertical banded gastroplasty..... | 44 |
| Nonadjustable gastric banding..... | 45 |
| Stomach (intra-gastric) balloons..... | 45 |
| Sleeve gastrectomy | 46 |

Chapter 4: Understanding the Risks of Surgery 47

| | |
|--|----|
| Gastrointestinal Leaks | 47 |
| Gastric Distention | 49 |
| Deep Venous Thrombosis and Pulmonary Embolism..... | 49 |
| Bleeding..... | 50 |
| Heart Problems..... | 51 |
| Heart attacks..... | 51 |
| Arrhythmia | 52 |
| Congestive heart failure | 52 |
| Respiratory Issues | 52 |
| Infection..... | 53 |
| Wound infection..... | 53 |
| Intrabdominal abscess | 54 |
| Stricture..... | 54 |
| Dehydration | 55 |
| Gastric Prolapse (or Band Slippage) | 55 |
| Ulcers..... | 56 |
| Bowel Obstruction | 56 |
| Hernias | 57 |
| Esophageal Dilation | 58 |
| Pancreatitis | 58 |
| Liver Failure | 58 |

Nausea59
 Comparing Risks with Other Surgeries59

Chapter 5: Drafting Your Dream Team: It’s More Than a Surgeon . . . 61

Choosing the Right Surgeon for You.....61
 Coming up with a list of candidates.....62
 Asking the right questions63
 The Supporting Players.....68
 Psychologist.....69
 Nutritionist.....69
 Bariatric coordinator69
 Bariatrician.....70

Part II: Preparing for Surgery.....71

Chapter 6: Paying for Surgery: No Assurance of Insurance 73

Figuring Out What Kind of Coverage You Have.....73
 Giving Your Insurance Company the Information It Requires.....75
 Following Up with Your Insurance Company78
 Knowing What to Do If You’re Denied78
 Fighting back.....79
 Seeking outside help83
 Paying for Surgery out of Your Own Pocket84

Chapter 7: Making the Grade: Testing Prior to Surgery 87

Psychological Evaluation88
 Nutritional Evaluation89
 Blood Work.....90
 Urinalysis91
 Cardiac Tests92
 Electrocardiogram.....92
 Additional testing.....93
 Pulmonary Tests94
 Chest x-ray95
 Chest CAT scan.....95
 Oximetry.....95
 Arterial blood gas.....95
 Spirometry.....95
 Sleep studies96
 Gallbladder Tests96
 Upper Gastrointestinal Tests.....97
 Colonoscopy98

Chapter 8: Preparing Yourself Physically and Mentally: Getting in Tip-Top Pre-Op Shape 99

| | |
|--|-----|
| Watching What You Eat Before Your Surgery | 99 |
| Doing Exercises to Improve Your Fitness | 101 |
| Physical exercises | 101 |
| Breathing exercises | 102 |
| Getting Organized | 104 |
| Stocking your kitchen | 104 |
| Preparing your home | 105 |
| Tying up the loose ends | 106 |
| Psyching Yourself Up for Surgery | 106 |
| Taking stock of where you are going into the surgery | 107 |
| Journaling..... | 109 |

Part III: The Hospital Experience and Beyond 111

Chapter 9: Checking In and Out: Your Hospital Stay 113

| | |
|--|-----|
| Knowing What Affects the Length of Your Stay..... | 113 |
| Type of surgery..... | 114 |
| Your physical condition..... | 114 |
| Support at home..... | 114 |
| Travel | 115 |
| The Company You Keep: Having Family with You | 115 |
| “Aide”ing Your Recovery: Nurses and Other Staff..... | 117 |
| Making Your Stay More Comfortable..... | 120 |
| Knowing what to bring to the hospital | 120 |
| Getting out of bed..... | 121 |
| Wearing compression stockings..... | 122 |
| Using a bariatric bed and equipment | 122 |
| Taking pain medication | 123 |
| Doing Everything You Can to Speed Up Your Recovery | 124 |
| Walk this way: Exercise starts in the hospital | 124 |
| Every breath you take: Using your spirometer | 125 |
| Taking advantage of physical therapy | 126 |
| Making the Trip Home | 126 |

Chapter 10: Knowing What You Can Eat for the First Few Months 129

| | |
|--|-----|
| Stage 1: Clear Liquids | 130 |
| Stage 2: Full Liquids and Thin Purees..... | 132 |
| Stage 3: Purees..... | 136 |
| Stage 4: Soft Foods | 146 |

| | |
|---|----------------|
| Chapter 11: Starting on Solid Food | 151 |
| The Final Stage: Solid Food | 151 |
| Making the Transition a Smooth One | 161 |
| Eating Guidelines to Follow from Now On | 162 |
| Chapter 12: Home Sweet Home: Returning after Surgery | 165 |
| Knowing What to Expect in the First Few Weeks | 165 |
| Normal feelings after surgery | 166 |
| When to call your surgeon | 167 |
| Getting the Help You Need | 168 |
| Caring for your kids | 168 |
| Keeping house | 169 |
| Looking out for yourself if you live alone | 170 |
| Keeping Up with Your Meds | 171 |
| Coordinating your meds with your doctor | 172 |
| Knowing which over-the-counter meds are okay and which you should avoid | 173 |
| Recognizing the Signs of Depression | 174 |
| Chapter 13: Hi-Ho, Hi-Ho, It's Back to Work You Go! | 175 |
| Knowing Whether You're Ready to Punch the Clock | 175 |
| Being aware of the factors that affect how ready you are | 176 |
| Making sure you're ready | 177 |
| Anticipating Your Coworkers' Responses to Your Surgery | 178 |
| Answering (or not answering) your coworkers' questions | 179 |
| Avoiding being left out | 180 |
| Dodging resentments | 181 |
| Part IV: This Time I'm Going to Make It: Ensuring Success | 183 |
| Chapter 14: What Is Success Anyway? | 185 |
| Defining Success | 185 |
| Keeping Your Expectations Real | 187 |
| Seizing the Window of Opportunity | 190 |
| Looking At Successes Beyond Weight Loss | 192 |
| Chapter 15: Food for Thought: An Eating Plan for the Rest of Your Life | 197 |
| The Building Blocks of Nutrition: Proteins, Carbs, and Fats | 198 |
| Protein: The why to go | 198 |
| Carbs: Not all carbs are created equal | 201 |
| Fats: Good and bad | 202 |

| | |
|--|-----|
| Supplementing Your Diet with Vitamins and Minerals..... | 203 |
| The different forms of vitamins and minerals | 204 |
| Knowing which vitamins and minerals you'll need | 205 |
| Hydropower: The Role of Water | 211 |
| How much | 211 |
| Why | 211 |
| When | 212 |
| What's for Dinner? Eating Strategies for the Long Haul | 213 |
| Regaining your appetite — without fear | 214 |
| Following the rules your pouch sets..... | 214 |
| Handling social situations | 215 |
| Ten Healthy Recipes for the Rest of Your Life..... | 217 |

Chapter 16: Getting It in Gear: Making Exercise

Part of Your Routine 229

| | |
|---|-----|
| What's in It for Me? Knowing the Benefits of Exercise | 230 |
| Working Out at a Gym, with a Trainer, or On Your Own | 232 |
| Gyms | 232 |
| Personal trainers | 233 |
| Home | 234 |
| Looking At the Different Types of Exercise..... | 235 |
| Aerobic exercise | 235 |
| Anaerobic exercise..... | 241 |
| Staying Motivated | 242 |

Chapter 17: Enlisting Outside Help. 245

| | |
|--|-----|
| Joining a Support Group | 245 |
| Local support groups..... | 246 |
| Online support groups..... | 249 |
| Follow-Up Care | 250 |
| With your surgeon..... | 250 |
| With your primary-care physician | 251 |
| With your bariatrician | 252 |

Part V: Changing Outside and In 253

Chapter 18: Avoiding Potential Pitfalls: Physical Challenges 255

| | |
|---|-----|
| Falling Asleep at the Wheel: Lack of Energy | 255 |
| Mouthing Off: Oral Problems | 256 |
| Dry mouth | 256 |
| Bad breath..... | 256 |
| Difficulty swallowing..... | 257 |
| Nausea | 257 |
| Splitting Hairs: Hair Loss..... | 258 |
| Down in the Dumps: Dumping Syndrome | 258 |

Somebody Call a Plumber: Bowel Problems.....260
 Constipation.....260
 Diarrhea or loose stools261
 Gas.....261
 Come Again? Weight Regain.....262

**Chapter 19: Dealing with Post-Op Emotional Issues:
 What’s Eating At You? 265**

Getting Your Head around Head Hunger.....265
 Paying attention to whether you’re really hungry266
 Fighting head hunger with some proven strategies267
 Knowing when enough is enough.....268
 Conquering Depression.....269
 Identifying the symptoms of post-op depression269
 Grieving over the loss of food.....270
 Dealing with Stress without Turning to Food270
 Knowing What to Do If You’re Having Trouble with Success272
 Feeling fragile: Buoying yourself with the support you need272
 Feeling diminished: Avoiding negative people
 and negative thinking.....273
 Feeling smaller: Recognizing that size doesn’t equal power273
 Feeling scared: Facing your fears273
 Breaking Old Habits274
 Grazing.....274
 Cravings.....274
 Bingeing.....275
 Testing the Limits.....275

Chapter 20: Me, Myself, and I: Your Relationship with Yourself . . . 277

Self-Esteem: Your Greatest Asset277
 Facing the possibility of success.....278
 Believing in yourself.....280
 Taking on new challenges.....281
 Body Image: Who Is That Person in the Mirror?282
 Revamping Your Wardrobe284
 Losing those comfort clothes284
 Working around your excess skin284
 Keeping up with your ever-shrinking body.....285
 Figuring out where to shop286

**Chapter 21: Working At Relationships: Family, Friends,
 and Everyone in Between 289**

Helping Your Marriage Weather the Storm.....289
 The good and bad news about weight loss surgery
 and marriage290
 What you can do to keep your marriage strong.....292

| | |
|--|-----|
| Parenting and Pregnancy | 292 |
| Being there for your kids after your surgery | 293 |
| Considering pregnancy after your surgery | 295 |
| The Dating Game: Taking Yourself off the Bench | 296 |
| That's What Friends Are For | 297 |
| Sharing your decision with your friends | 298 |
| Knowing what may change after your surgery | 298 |
| All in the Extended Family: Dealing with the Archie Bunkers in Your World | 299 |
| Fending off attacks | 299 |
| Notice something different? What to do when they don't even notice | 300 |

Chapter 22: Now That I'm Thin, What about the Skin? 301

| | |
|---|-----|
| Knowing Whether You'll Need Plastic Surgery..... | 302 |
| Looking at Steps You Can Take..... | 303 |
| Knowing How Long to Wait before Plastic Surgery | 303 |
| Choosing a Plastic Surgeon..... | 304 |
| Figuring Out How You'll Pay for Plastic Surgery | 305 |
| Looking At the Different Plastic Surgery Procedures | 306 |
| Panniculectomy and abdominoplasty: Losing your gut..... | 307 |
| Breast reconstruction..... | 308 |
| Brachioplasty: Removing those nasty bat wings | 308 |
| Lower-body lift..... | 309 |
| Face lifts and neck lifts | 309 |
| Liposuction | 309 |
| Knowing What Your Recovery Will Be Like | 309 |

Part VI: The Part of Tens 313

Chapter 23: Ten Weight Loss Surgery Myths 315

| | |
|---|-----|
| You'll Never Regain Your Weight..... | 315 |
| You'll Never Be Hungry | 315 |
| Weight Loss Surgery Is the Easy Way Out..... | 316 |
| You Can't Get Pregnant after Weight Loss Surgery..... | 317 |
| You'll Be Happy after Surgery..... | 317 |
| Weight Loss Surgery Is Very Risky | 317 |
| You'll Have a Great Body..... | 318 |
| You Can't Eat for the Rest of Your Life | 318 |
| Weight Loss Surgery Will Save Your Marriage..... | 318 |
| You Have to Pay for Weight Loss Surgery Yourself..... | 319 |

Chapter 24: Ten Benefits of Weight Loss Surgery 321

- Effective and Maintained Weight Loss.....321
- Improved Quality and Quantity of Life.....322
- Better Appetite Control.....322
- Improved Obesity-Related Health Issues322
- Improved Self-Esteem323
- Looking Good.....323
- Better Sex.....324
- Shopping for Regular-Sized Clothes324
- More Opportunities324
- Mobility and Comfort324

Chapter 25: Ten Ways to Stay on the Straight and Narrow 325

- Plan Your Meals325
- Keep a Food Log.....326
- Exercise326
- Join a Support Group.....326
- Have a Buddy to Call in Times of Crisis327
- Remember That You’re Worth It327
- Stay in Touch with Your Surgeon and a Nutritionist327
- Acknowledge and Commit327
- Celebrate Your Success.....328
- Be Realistic.....328

***Index*.....329**

