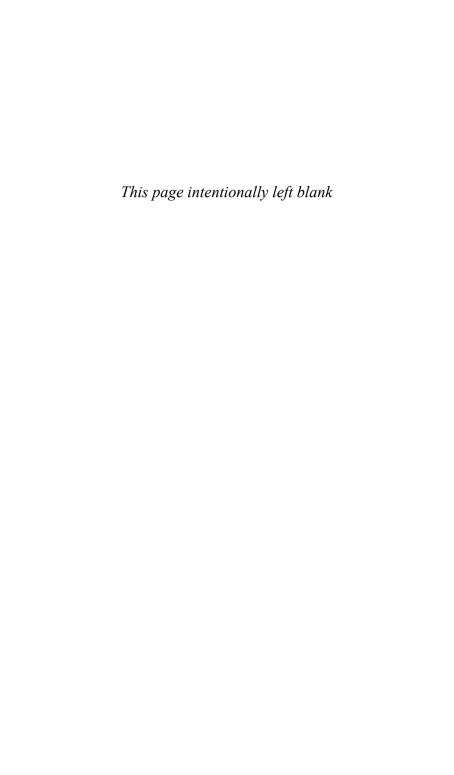
Is Weight Loss Surgery Right for You?

Robin F. Apple James Lock Rebecka Peebles

OXFORD UNIVERSITY PRESS

Is Weight Loss Surgery Right for You?



IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

Robin F. Apple James Lock and Rebecka Peebles



Oxford University Press, Inc., publishes works that further Oxford University's objective of excellence in research, scholarship, and education.

Oxford New York Auckland Cape Town Dar es Salaam Hong Kong Karachi Kuala Lumpur Madrid Melbourne Mexico City Nairobi New Delhi Shanghai Taipei Toronto

With offices in

Argentina Austria Brazil Chile Czech Republic France Greece Guatemala Hungary Italy Japan Poland Portugal Singapore South Korea Switzerland Thailand Turkey Ukraine Vietnam

Copyright © 2006 by Oxford University Press

Published by Oxford University Press, Inc. 198 Madison Avenue, New York, New York 10016

www.oup.com

Oxford is a registered trademark of Oxford University Press

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Oxford University Press.

Library of Congress Cataloging-in-Publication Data Apple, Robin F. (Robin Faye)

Is weight loss surgery right for you? / Robin F. Apple, James Lock, and Rebecka Peebles p. cm.

ISBN-13 978-0-19-531315-4

ISBN 0-19-531315-1

1. Obesity—Surgery—Popular works. 2. Gastric bypass—Popular works. 3. Weight loss—Popular works. I. Title.

RD540.A65 2006

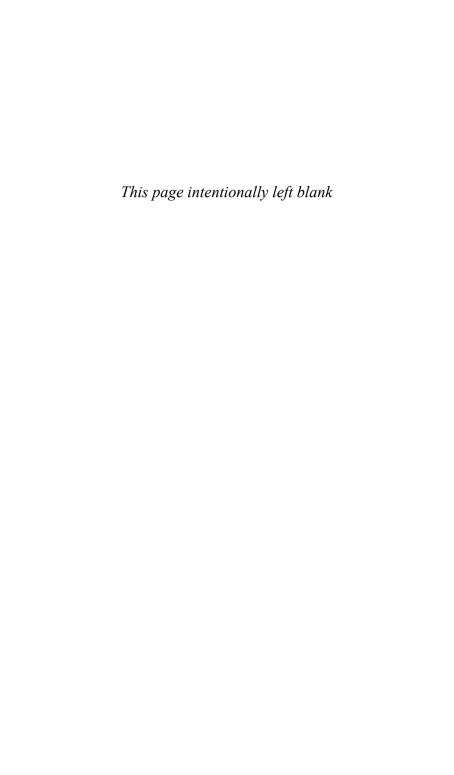
617.4'3—dc22 2006007414

9 8 7 6 5 4 3 2 1 Printed in the United States of America on acid-free paper

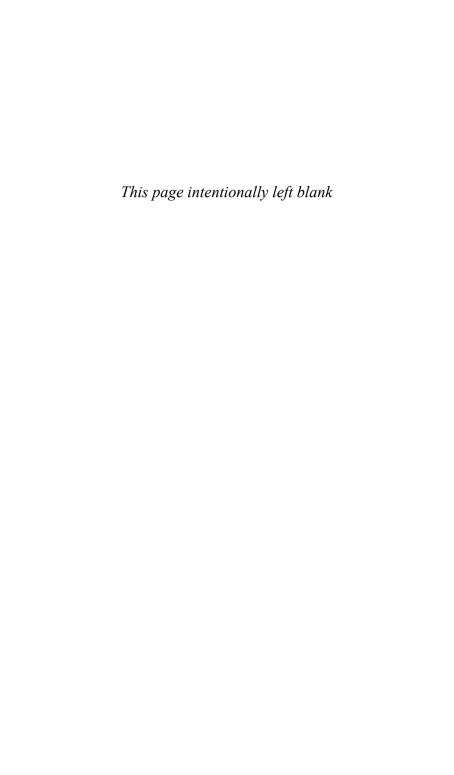
Contents

4	т 1 .	-
	Introduction	
	muduction	

- **2** Is Weight Loss Surgery Right for You? 3
- **3** Weight Loss Surgery Procedures: What You Need to Know 44
- 4 Navigating the System 61
- **5** What to Expect After Surgery 81 References 103



Is Weight Loss Surgery Right for You?



Chapter 1 Introduction

If you are currently considering any form of weight loss surgery, it is likely that you have been thinking about your decision for some time. Certainly, it is a decision that warrants much thoughtful consideration. Hopefully this book will help you with various aspects of your decision-making process.

Perhaps you began to think about weight loss surgery after a conversation with your primary care physician, who was concerned about specific obesity-related health problems, such as heart disease, hypertension, high cholesterol, diabetes, or sleep apnea. Perhaps as weight loss surgeries of various types got more media coverage, you learned more about one or more of the procedures and thought that some form of weight loss surgery might be right for you. Possibly, a friend or relative has already undergone weight loss surgery. Or maybe you just began to research it on your own after years of struggling with more traditional methods of weight loss, typically involving dieting and exercise. In any case, you've obviously begun to think seriously about having surgery to correct your weight problem once and for all or you wouldn't be reading this.

The decision to pursue weight loss surgery should not be taken lightly. There are many factors to consider. This book contains all the need-to-know information about weight loss surgery and how to decide whether or not it is right for you. It will help guide you through the decision-making process by providing information on the various types of bariatric surgery available, their respective risks and benefits, the professional consultations and evaluations you will need to undergo prior to surgery, and what to expect postoperatively.

If you are considering weight loss surgery, this book will ensure you have all the tools necessary to make the best decisions, particularly if it is used in conjunction with ongoing counseling or psychotherapy sessions focused on relevant issues.

Chapter 2 Is Weight Loss Surgery Right for You?

The following issues should be taken into account as you consider whether or not weight loss surgery is right for you.

Body Weight

Determining Your BMI

You are most likely considering weight loss surgery because you are obese. But there may be medical concerns and similar factors that will sway your decision one way or the other. You will want to consider all these factors as you think about weight loss surgery.

First, do you qualify for the diagnosis of severe obesity? This is one of the first considerations when deciding if surgery is an appropriate weight loss tool for you. Doctors use the body mass index (BMI) to categorize degrees of overweight in patients. Consult Figure 2.1 to determine your BMI, or you can calculate your BMI as follows:

$$BMI = \frac{\text{weight in kilos}}{(\text{height in meters})^2} \quad OR \quad \frac{\text{weight in pounds} \times 703}{(\text{height in inches})^2}$$