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Obesity has reached epidemic proportions in the United States. Along with this increase, weight loss surgeries, known as bariatric procedures, have become increasingly common. This report assesses the incidence of these operations in women of reproductive age and reviews the evidence on the impact of such surgery on fertility, contraception, prepregnancy risk factors, and pregnancy outcomes, including those for neonates. For patients who are severely obese, most nonsurgical treatments—such as diet, exercise, and medications—are not very effective at producing significant weight loss and, more importantly, maintaining weight loss. A recent meta-analysis by Li found that medications, along with diet and other exercise interventions, produce only modest weight loss (5 kg lost at one year). Similarly, controlled studies of diets have shown mostly minimal weight loss. In contrast, observational reports have concluded that surgical treatments for severe obesity result in substantial weight loss that patients are able to maintain over the long term. A recent metaanalysis by Maggard et al reported that bariatric procedures generate, on average, 20-30 kg of weight loss and that the weight loss can be maintained for at least 10 years. A variety of surgical procedures have been used to induce weight loss for obese patients. These procedures result in weight loss via different mechanisms, and some employ a combination of mechanisms. In general, bariatric surgery employs three mechanisms to induce weight loss: (1) restricting the size of the stomach limits the quantity of food a patient can consume at a single meal, (2) malabsorptive procedures decrease the proportion of nutrients that are absorbed from a meal, and (3) a combination of hormonal changes are induced by creating a small gastric pouch (and outlet) along with a proximal bypass. Weight loss procedures are being performed more frequently to treat morbid obesity, with a six-fold increase over a recent 7-year time span; almost half of patients are women of reproductive age. The level of evidence on fertility, contraception, and pregnancy outcomes is limited primarily to case series and case reports. The evidence suggests that fertility improves after bariatric surgical procedures; however, data are too sparse to reach definite conclusions about the degree of improvement in fertility that is achieved. Evidence also suggests that nutritional deficiencies for mother and child are minimal, and maternal and neonatal outcomes are acceptable with laparoscopic adjustable band and gastric bypass as long as adequate maternal nutrition and vitamin supplementation are maintained. The American College of Obstetricians and Gynecologists (ACOG) nominated the topic of this report and provided the following initial list of questions: 1. What is the incidence of bariatric surgery in women of reproductive age? What are the trends in incidence of bariatric surgery in women of reproductive age? 2. What is the evidence that bariatric surgery affects (directly or indirectly) future fertility? 3. What is the evidence that bariatric surgery affects (directly/indirectly) choice of contraception? 4. In patients who have had bariatric surgery, what is the evidence for prenatal risk factors (e.g., of reduced nutrient absorption, unusual weight gain) that may result in poor pregnancy outcomes? 5. What is the evidence that certain management strategies for addressing nutrient absorption and weight gain reduce the risks of poor pregnancy outcomes? 6. For women who have had bariatric surgery, what is the evidence for morbidity and mortality risks for: a) mother and b) neonate? 7. What is the evidence that cesarean section for women who have had bariatric surgery affects the risks of morbidity and mortality for: a) mother and b) neonate? A comprehensive review of bariatric and metabolic surgery for the general surgery! Topics include: The obesity epidemic/economic impact and diabetes epidemic/economic impact, physiology of obesity/diabetes, physiology of weight loss surgery, history of bariatric surgery, laparoscopic adjustable gastric banding, sleeve gastrectomy, biliopancreatic diversion/duodenal switch, laparoscopic gastric bypass, complications of laparoscopic adjustable gastric banding, complications of laparoscopic gastric bypass, outcomes/comparative effectiveness studies, co-morbidity reduction data, economic impact of bariatric surgery, adolescent bariatric surgery, revisional bariatric surgery, the future of bariatric surgery, and more! Featuring more than 160 illustrations—over 90 in full color—this volume is a complete how-to guide to the three major types of laparoscopic surgical procedures for severe obesity: laparoscopic restrictive procedures, laparoscopic restrictive/malabsorptive procedures, and laparoscopic revisional surgery. The book offers patient selection and patient counseling guidelines, addresses the psychological ramifications of this surgery, and provides step-by-step instructions on patient positioning and surgical technique for each procedure. The authors discuss the pitfalls and potential complications of each operation in detail and offer advice on how to avoid these complications. An accompanying DVD presents detailed, narrated video demonstrating key steps in each procedure. This issue of Surgical Clinics of North America, guest edited by Dr. Adrian Dan, is devoted to Metabolic and Bariatric Surgery. He has assembled expert authors to review the following topics: A Historical Perspective of Metabolic and Bariatric Surgery; The Socio-economic Impact of Morbid Obesity and Factors Affecting Access to Obesity Surgery; Laparoscopic Roux-en-Y Gastric Bypass-Surgical Technique and Peri-operative Care; Revisional Metabolic and Bariatric Surgery; Novel Endoscopic and Surgical Techniques for treatment of Morbid Obesity -A Glimpse into the Future; Management and Prevention of Surgical and Nutritional Complications After Bariatric Surgery; Resolution of Comorbidities and Impact on Longevity Following Bariatric and Metabolic Surgery; The Effects of Metabolic Surgery upon Fatty Liver Disease and Non-Alcoholic Steatohepatitis; Patient Selection and Surgical Management of High Risk Patients with Morbid Obesity; Laparoscopic Sleeve Gastrectomy-Surgical Technique and Peri-operative Care; Rise and Fall of the LAGB as a Bariatric Procedure; Plastic Surgery and Body Contouring Following Weight Loss Surgery; Biliopancreatic Diversion with Duodenal Switch-Surgical Technique and Perioperative Care; Morbid Obesity, Type 2 Diabetes and the Metabolic Syndrome-Pathophysiologic Relationships and Guidelines for Surgical Intervention; Patient Safety and Quality Improvement Initiatives in Contemporary Metabolic and Bariatric Surgical Practice; Type II Diabetes Mellitus - A Surgical Disease, and more! A complete full-color overview of obesity surgery-written by the field's foremost experts Obesity Surgery: Principles and Practice brings together the top minds in the discipline who, collectively, deliver a benchmark reference that will prove indispensable for general and bariatric surgeons and residents. Page after page, the book's esteemed editors take you step by step through the very latest, most advanced surgical techniques and clinical protocols. Using full color throughout, this logically organized guide begins with an insightful look at the general principles of obesity surgery-one that provides a vital theoretical framework for subsequent chapters. The next sections of the book offer an in-depth review of surgical procedures and postoperative management that no other text can match. Features: Unequaled coverage that delivers an up-to-date, comprehensive survey of today's obesity surgery practice Valuable, skill-building insights that reflect the expertise of an international pool of editors and authors in the field of bariatric surgery Focus on topics not covered in other books, including Surgery in Adolescents, Cost Analysis of Laparoscopic versus Open Surgery, and Surgery in the "Super Obese" Full-color art program to clarify surgical protocols Are You or a Loved One Considering Gastric Sleeve Surgery? This book is a collaboration between the author and a bariatric surgery patient's first-hand, and very personal account of the experience. It is comprehensive: From researching gastric sleeve surgery, to guiding you through the entire process as experienced by a former patient whose detailed accounting paints a reliable picture of pre- and post-op expectations. The benefits of bariatric surgery are immense. So many mid- to late-life health problems stem from medical complications due to excess weight. From diabetes and heart disease, to increased risks of cancer, the truth is clear: Being overweight is simply not a healthy lifestyle. In addition to physical ailments, there is the significant mental toll to consider. Depression and anxiety are highly correlated with obesity and these psychological issues often go untreated through either patient ignorance or denial. Contemporary gastric sleeve surgery serves the primary function of aiding a patient to lose weight by reducing the total size of their stomach. The degree of reduction varies, but in extreme cases it can be up to eighty five percent. The end result is that the patient is physically unable to ingest as much food, but there is a far more important change that takes place. The procedure also reduces the production of ghrelin, a hormone that stimulates hunger. Ghrelin reduction yields a suppressed craving for food to further promote weight loss. This book serves as a comprehensive guide for those considering bariatric gastric sleeve surgery for themselves, or for those who have already been approved for the procedure. If you are not undertaking bariatric surgery yourself, then the book serves as a research tool and aid to the decision-making process for a loved one who might be considering the procedure. Here Is A Preview Of What You'll Learn... A Real Patient's Personal Success Story Background & History of the Procedure Obesity Risk Factors How the Procedure is Performed Patient Qualifications for Surgery Advantages and Effectiveness of the Surgery Insurance and Cost Considerations How to Prepare for Surgery Diet Requirements Before and After Surgery What to Expect on the Day of the Surgery The Recovery Process Post-Surgery Overview of the Medical Professionals Involved in the Treatment Mental Health Factors Personal Tips, Advice, and Suggestions From a Former Patient Who Already Went Through the Entire Process And Much More Information is the First Step Towards Treatment, and You Can Start Right Now With This Book Bariatric surgery plays an important role in the treatment of obesity; in this comprehensive resource the worldwide leaders of the field provide the most up-to-date information on the psychosocial issues that affect their patients. Included is an overview and history of surgical procedures, complete with illustrations, practical advice on topics such as physical activity and nutritional care after surgery, and essential information that allows clinicians to assist their clients as much as possible; for example, how pre-weight loss surgery psychosocial evaluations can serve as clinical interventions in their own right, and how structured interviews and questionnaires can be used in multiple contexts such as screening, treatment planning, and prognostic assessment. A distinctive chapter includes an overview of the special issues present in treating adolescents, who increasingly are the target of bariatric surgery procedures. This book is an essential reference for clinicians from the evaluation through the follow-up and aftercare of bariatric surgery patients. Written by experts in the field of bariatrics, this edited volume reviews the multidisciplinary process of treating the obese patient, from the reception of the obese patient and their dietary, social, and psychological evaluations to individual management, discharge, and follow-up. It offers a holistic approach, providing the knowledge required to implement treatment effectively. Chapters cover surgical procedures in the abdomen, physical exercise, psychological and social support, nutritional strategies, and pharmacologic options. This book is a valuable resource for physicians, surgeons, bariatric anesthesiologists, nutritionists, psychologists, nurses, physical therapy specialists, and others involved in the care of obese and overweight patients. Bariatric or weight loss surgery is the reduction of the size of the stomach with a gastric band or through removal of a portion of the stomach, or by resecting and re-routing the small intestine to a small stomach pouch. Metabolic surgery involves weight loss treatments and procedures to treat metabolic diseases, especially, Type 2 diabetes. This book is a guide to techniques in bariatric and metabolic surgery. Divided into three sections, the text begins with an explanation of the history of bariatric surgery. The following section

presents 25 clinical cases detailing necessary operative procedures for different disorders, and the final section discusses surgical techniques including sleeve gastrectomy, gastric bypass, and stapling technology. Based on the authors' own experiences, this quick reference guide is further enhanced by more than 200 surgical images, diagrams and tables. Key points Quick reference guide to procedures in bariatric and metabolic surgery Features 25 clinical cases for use of bariatric surgery Describes different surgical techniques Includes more than 200 surgical images, diagrams and tables This text focuses on the complications following bariatric surgery. The focus is on the immediate and long term complications that would be important to both the general surgeon and those surgeons with specialty experience in bariatric surgery. Sections address the nutritional deficiencies following bariatric surgery with specific attention to Roux en Y gastric bypass and pancreatco-biliary diversion as well as the correction of these deficiencies with medical intervention as well as the indications for surgical revision or reversal. The text reviews the work-up of a bariatric patient with abdominal pain including the appropriate imaging and threshold for operative intervention and the techniques to achieve optimal visualization during this difficult situation. This section focuses on the operative management of anastomotic and staple line leaks and how to definitively manage these surgical emergencies as well as achieve source control and stabilization. Later chapters focus on specific complications following bariatric surgery with specific focus on RYGB, vertical sleeve gastrectomy (VSG), biliary pancreatic diversion, and gastric band. Complications include gastric fistula, gastric staple line disruption following VSG, gastro-jejunal leak following RYGB, reflux following bariatric surgery, and failure of weight loss following bariatric surgery. These sections are written by experts in the field of bariatrics and include evidence based medicine as well as expert opinion on the management of bariatric complications. The sections provide a review of the literature and references at the close of each section. Complications in Bariatric Surgery will serve as a resource for both the general surgeon who handles bariatric emergencies as well as the bariatric specialist. Over the last two decades, obesity has reached epidemic proportions in the world, resulting in suffering and premature death. Morbid obesity is a chronic medical illness that has long-reaching consequences and is caused by multiple factors. Bariatric surgery and other non-invasive procedures in carefully selected patients are effective treatments for obesity. It is the only tool for sustained and effective long-term weight loss. The field of surgery is developing rapidly offering innovative options for patients who have failed to lose weight by diet, exercise and pharmacological methods. The editors review problems that the patients face in the perioperative period and in the long term, as well as their adjustments in lifestyle and healthcare management. The text is authored by authorities who participate in the multidisciplinary care of bariatric patients. It will address the assessment and selection of patients' treatment before surgery, options for surgical intervention and postoperative medical management. Morbid obesity is an epidemic as more than 2/3 of the United States population is obese and as such, has a high burden of weight-related co-morbid diseases. Bariatric surgery has proven to be effective and durable for treatment of severe obesity. Technological advances including applications of laparoscopy and endoluminal techniques have rapidly advanced this field. Data and outcomes examining treatments have also improved and as providers, we have a wide spectrum of therapeutic options to treat patients. As techniques and outcomes have evolved, access to a comprehensive yet focused resource regarding bariatric surgery is currently limited. The proposed textbook is designed to present a comprehensive and state-of-the-art approach to the current and future status of Bariatric interventions, which has changed significantly since the first edition of the Manual. Updates in this version will include the rapidly expanding field of endoluminal bariatric procedures, with a focus on new devices and theories of mechanisms. New data regarding laparoscopic approaches to treat obesity, as well as improved longer-term data outcomes will be reviewed. Newer surgical approaches to treat metabolic disease and obesity are included, as well as proposed mechanisms of action and efficacy. Additional new sections include sections on the application of robotic technologies, special circumstances including transplantation and pregnancy, and telemedicine and social media in bariatric surgery. Sections will address the evolution in specific treatments available to patients, initial evaluation and selection of procedures for individual patients, the latest surgical and endoscopic techniques being employed to treat patients including data on outcomes, and future directions for therapy. In particular and unique amongst references, a major focus of this text will be on both the bariatric and metabolic bases of therapies and outcomes. The SAGES Manual A Practical Guide to Bariatric Surgery, Second Edition aligns with the new SAGES UNIVERSITY MASTERS Program. The Manual supplements the Bariatric Surgery Pathway from Competency to Proficiency to Mastery. Whether it's for Biliary, Hernia, Colon, Foregut or Bariatric, the key technical steps for the anchoring bariatric procedures are highlighted in detail as well as what the reader needs to know to successfully submit a video clip to the SAGES Facebook Channels for technical feedback. Readers will also learn about how to count credits for Bariatric from the other Master Program Series, Guidelines, Top 21 Videos, Pearls, FLS, FES, FUSE, SMART and Annual SAGES Meeting. The Masters Program promotes lifelong deliberate learning. As weight loss surgery becomes increasingly popular, surgeons have adopted advanced techniques to help patients make a smooth transition into post-surgery life. However, the bariatric surgery patients who maintain the best results after the procedure aren't necessarily those with the best surgeons, but those who prepare themselves for psychological changes and lifestyle changes before the surgery even takes place. In The Weight Loss Surgery Workbook, readers determine whether or not bariatric surgery is the best option for them and, if it is, learn how to make these critical preparations in order to ensure a positive result. Although weight loss surgery is often portrayed as a quick fix for obesity, it is anything but. Most bariatric surgeons require patients to commit themselves to major lifestyle changes, such as elimination of disordered eating, cognitive restraint in eating, dealing with psychological hunger, and compliance with special pre-surgery diets. This workbook helps readers use cognitive behavioral therapy (CBT) to make these critical pre-surgery lifestyle changes and prepare to change their eating habits for lasting post-surgery success. This book covers the management of various metabolic, nutritional and hormonal complications that arise after bariatric surgery. Until now bariatric surgeons have focused on mastering the surgical technique and reducing surgical complications. A number of metabolic and nutritional complications in the post-surgical phase can remain undiagnosed or unreported with a potential for irreversible morbidity. The book is edited by a team of experienced surgeons and bariatric nutritionists to provide a balanced perspective on the subject. It includes chapters on the prevention and subsequent diagnosis and management of these complications early in the course and explaining each complication with one or more suitable case reports. This book is relevant for practicing as well as aspiring bariatric surgeons, nutritionists/dieticians and bariatric physicians. This book presents and describes the various uses of gastric bypass in bariatric and metabolic surgery and outlines the different techniques currently available. Furthermore, the possible complications with the procedure and ways to avoid them are also discussed. The use of the gastric bypass for the treatment of diabetes is emphasized and the new indications for the operative treatment of diabetes are featured in detail. Endoscopic uses concerning the gastric bypass are also addressed, covering preoperative evaluation, complications treatment, weight regain treatment and endoscopic treatment of obesity. The most advanced techniques and new technologies available for performing gastric bypass surgeries are presented in the most didactic possible way, making use of value-added learning features throughout the text. Gastric Bypass - Bariatric and Metabolic Surgery Perspectives is intended as a practical guide for all those interested and involved with bariatric surgery, including general surgeons, bariatric surgeons, GI surgeons and surgery residents. The fully updated 2nd edition of this textbook continues to serve as a comprehensive guide for information dealing with the ever-evolving field of bariatric surgery. The chapters are written by experts in the field and include the most up-to-date information, including new sections on quality in bariatric surgery, endoscopic surgery, and management of bariatric complications. This new edition continues to cover the basic considerations for bariatric surgery, the currently accepted procedures, outcomes of bariatric surgery including long-term weight loss, improvement and resolution of comorbidities, and improvement in quality of life. Other special emphasis is given to the topics of metabolic surgery and surgery for patients with lower BMI. In addition, new endoscopic bariatric procedures including the gastric balloons, endoscopic revisional procedures, and newer pharmacotherapy for obesity are reviewed. The ASMBS Textbook of Bariatric Surgery Second Edition will continue to be a leading source of scientific information for surgeons, physicians, residents, students, and integrated health members today and for years to come. Pathophysiology of Bariatric Surgery: Metabolism, Nutrition, Procedures, Outcomes and Adverse Effects uses a metabolic and nutritional theme to explain the complex interrelationships between obesity and metabolic profiles before and after bariatric surgery. The book is sectioned into seven distinct areas, Features of Obesity, Surgical Procedures, Nutritional Aspects, Metabolic Aspects, Diabetes, Insulin Resistance and Glucose Control, Cardiovascular and Physiological Effects, and Psychological and Behavioral Effects. Included is coverage on the various types of bariatric surgery, including Roux-en-Y gastric bypass, gastric banding, sleeve gastrectomy, biliopancreatic diversion, and jejunoileal bypass, as well as the variations upon these procedures. Provides information on diet, nutrition, surgical procedures, outcomes, and side effects in relation to bariatric surgery in one comprehensive text Contains a Dictionary of Terms, Key Facts, and Summary Points in each chapter Includes access to a companion website with accompanying videos Living with Bariatric Surgery: Managing Your Mind and Your Weight aims to help those who are considering bariatric surgery develop a psychological understanding of their eating behaviour and the changes needed in order to make surgery successful. It is also a resource for those who have undergone surgery to help them adapt to the physical, psychological and relationship adjustments that occur. Whilst the benefits of bariatric surgery are significant, the psychological challenges it presents for patients have been overlooked. This book will help patients develop a realistic view of bariatric surgery and the changes required. It incorporates the real-life experiences of people who have had bariatric surgery, showing how they have responded to the psychological and behavioural changes after surgery, and also features helpful psychoeducation, exercises and strategies to facilitate reflection and learning. Living with Bariatric Surgery will be an essential guide for anyone considering, preparing for or recovering from bariatric surgery, as well as health professionals working with these clients. A comprehensive review of bariatric and metabolic surgery for the general surgery! Topics include: The obesity epidemic/economic impact and diabetes epidemic/economic impact, physiology of obesity/diabetes, physiology of weight loss surgery, history of bariatric surgery, laparoscopic adjustable gastric banding, sleeve gastrectomy, biliopancreatic diversion/duodenal switch, laparoscopic gastric bypass, complications of laparoscopic adjustable gastric banding, complications of laparoscopic gastric bypass, outcomes/comparative effectiveness studies, co-morbidity reduction data, economic impact of bariatric surgery, adolescent bariatric surgery, revisional bariatric surgery, the future of bariatric surgery, and more! This text captures the global standards of bariatric surgery practice at a time of change, excitement, and lots of controversy. The text sheds the light on best practices globally by providing a reliable reference to guide the practicing physician anywhere in the world, and from whatever specialty (surgeon, gastroenterologist or endoscopist) to navigate through the many current options of therapy in this rapidly changing field. The text provides high definition illustrations of these techniques to go with the didactic chapters written by the thought leaders in the field. In addition to the technical part, an important part of the book focuses on quality and outcome measures. The rapid growth and innovations impose the need for strict guidelines and quality control. Thought leaders who created the concept of "Centers of Excellence" shed light on outcome measures and different ways to monitor quality. This will appeal to administrators and different ancillary service providers. The medical section plays a major role as combination therapy seems to be the future. An entire section is dedicated to medical weight management with discussions of the dietary and psychological component of care. The text also provides a dedicated discussion of the metabolic aspect of bariatric surgery, cosmetic surgery and issues of training future surgeons. These features differentiate the book from others that only discuss the surgical component, and will broaden the level of interest to all who are involved in the management of this complex disease. Obesity is a serious and rapidly increasing medical problem. Bariatric surgery is the only effective long-term treatment for morbid obesity and the performance of this surgery has increased dramatically over the years. Bariatric Surgery: A Primer for Your Medical Practice is a user-friendly, practical reference text that provides all the necessary information that the health care professional will need to assist in patient selection and preoperative assessment, as well as recommendations in dealing with complex postoperative care of the bariatric patient. Dr. Francis A. Farraye and Dr. R. Armour Forse, joined by leading experts, review what is required by today's practicing physician who will manage the care of obese adults. Inside the chapters of Bariatric Surgery, along with numerous tables, images, and charts, you will find many crucial elements of bariatric surgery extensively and practically covered. Bariatric Surgery is the perfect resource for the primary care physician, family practitioner, general internist, endocrinologist, nutritionist, gastroenterologist, radiologist, medical and surgical resident, and medical student. Long awaited, Bariatric Surgery is the answer many are searching for today. Some chapter topics: The medical management of obesity Types of bariatric surgery Assessments of patients prior to bariatric surgery Medical management of the patient after bariatric surgery Nutritional and psychological consequences of bariatric surgery Endoscopic and radiologic imaging The increasing prevalence of

obesity in many countries means that it should now be considered a pandemic. It is widely recognized that obesity increases the risk of a variety of life-threatening conditions, including heart disease, diabetes, and hypertension. Bariatric surgery is often the most effective way to treat such morbid obesity. Nevertheless, while various bariatric procedures have been proposed, to date standards have been lacking. In this book, leading experts from around the world discuss all aspects of bariatric surgery and present their own favored versions of surgical procedures with the aid of informative illustrations. Technical nuances are carefully described, and detailed attention is devoted to potential complications and how to avoid them. The expertise of the authors and the range of techniques considered guarantee that both trainees in bariatric surgery and experienced surgeons will find this book to be an invaluable source of information and guidance in their daily work. Leaders in the field present today's most comprehensive coverage of bariatric surgery, one of the most promising current treatments for the growing global epidemic of overweight and obesity. This brand new resource begins with a thorough examination of the history, incidence, demography, etiology, biology, comorbidities, longevity, and social and economic implications of obesity. It then discusses pre-, peri-, and postoperative issues of importance before examining the evolution of bariatric procedures. Individual chapters present the best surgical approaches, their outcomes, and other considerations involved in this surgical approach. Presents a comprehensive overview of the entire field of bariatric surgery, as well as a broad discussion of critical non-operative topics. Discusses the evolution of bariatric procedures, followed by individual chapters that examine laparoscopic adjustable gastric banding, vertical banded gastroplasty, the banded gastric bypass, and other surgical approaches. Reviews the outcomes of bariatric surgery with respect to nutrition, diabetes, hypertension, sleep apnea, orthopedic conditions, and metabolism. Offers guidance on practical and academic training of the bariatric surgeon, patient support groups, the importance of the multidisciplinary team, managed care, allied health, laparoscopic suites and robotics, liability issues, and more. Includes dietary, drug management, and other alternative non-operative approaches. Addresses the growing incidence of childhood obesity with a chapter focusing on adolescent bariatric surgery patients. With 91 additional contributing experts. This book describes the surgical bariatric procedures most frequently performed worldwide and examines their evolution in recent years both within Italy and internationally. For each operation, indications, the surgical technique, potential complications, and the outcomes with respect to weight and obesity-associated comorbidities are presented. In view of the significant failure rate revealed by studies on the long-term results of bariatric surgery, the problem of weight regain and revision surgery are also discussed in detail, covering the different types of revision, conversion to other procedures, and the main outcomes. In addition, individual chapters focus on selected topics of importance. The role of bariatric surgery in the cure of type 2 diabetes ("diabetes surgery") is discussed and the debate over the significance of gastroesophageal reflux disease and hiatal hernia for choice of procedure is summarized. Finally, the most common endoluminal procedures, which have been gaining in importance, are described and other bariatric operations, outlined. Weight loss surgery is a big deal, but it is only an early step in your weight loss journey. The long-term weight loss journey begins after the surgery, and it lasts for a lifetime. The Big Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery is your guide to losing weight and living a healthy life long after you are discharged from the hospital and are on your own. This book takes a realistic approach to life after weight loss surgery. In a friendly and helpful tone, the book provides practical advice on getting through everyday tasks, such as planning meals, getting enough protein, taking the right nutritional supplements, and developing an exercise program. It also suggests strategies for staying motivated day in and day out, communicating better with friends and family, and having fun at family gatherings, on vacations, and during other special events without getting off track. The Big Book on Bariatric Surgery is easy to read and conversational, but packed with indispensable information and ideas for success after weight loss surgery. The book targets recent weight loss surgery patients, weight loss surgery veterans, and those considering weight loss surgery. The book includes these features. Written by Alex Brecher, a weight loss surgery patient and advocate who has successfully lost 100 pounds and kept it off for over 10 years. Co-authored by Natalie Stein, a nutritionist and expert in weight loss strategies. Easy high-protein recipes for breakfast, lunch, dinner, snacks and desserts, with plenty of suggestions for modifications and variations. Food lists and sample menus to make meal planning easy. Step-by-step guides to meal planning and developing an exercise program. Tips for eating at restaurants, parties, and while traveling. How to stay motivated and break through plateaus. Time-saving tips. The reason to get weight loss surgery is to lose weight so that you can be happier and healthier. Take a look at The Big Book on Bariatric Surgery to see how it can help you make the most out of your weight loss surgery." Bariatric Surgery is the first book of its kind to focus on the unique mental health concerns surrounding the surgical treatment of obese and severely overweight individuals. This volume provides an overview of bariatric surgery procedures and pre-surgical psychological and nutritional assessment, and guides the practitioner through important post-operative mental and physical issues, as well as long-term psychosocial management and aftercare. With an emphasis on practical clinical guidelines and strategies, yet grounded in the most up-to-date scientific study, this is the essential reference to the psychosocial issues related to bariatric surgery. HANDBOOK OF METABOLIC AND BARIATRIC SURGERY Discover the essentials involved in the management of metabolic and bariatric surgery in this easy-to-read and well-illustrated guide The management of severe obesity and its related co-morbidities, including diabetes, has become one of the most important aspects of modern medicine. The most effective and lasting treatment for these conditions is bariatric and metabolic surgery, which has become more in demand from patients and doctors. Since many non-surgical specialists contribute to treating these patients, there is an increasing need for medical professionals to develop a working knowledge of patient requirements surrounding these operations. Handbook of Metabolic and Bariatric Surgery provides a concise, accessible guide to the management of bariatric and metabolic surgery patients. It approaches its subject from both endocrine and surgical perspectives, covering pre-, peri- and post-operative requirements for commonly undertaken surgical procedures, as well as guidance for managing metabolic, psychological, and surgical aspects. It promises to become a valuable guide to this increasingly important field. Handbook of Metabolic and Bariatric Surgery readers will also find: Over 150 full-color images and illustrations; A thorough introduction to the subject of obesity medicine and the history of bariatric and metabolic surgery; An editorial team with both research and practical clinical experience. Handbook of Metabolic and Bariatric Surgery is a useful reference for any non-surgical medical professional or researcher working within the field of obesity medicine and surgery. How Weight Loss Surgery Really Works is the second book by Dr. Matthew Weiner, a bariatric surgeon and host of a popular Bariatric Surgery YouTube channel. In his new book, Dr. Weiner describes how the hormonal changes that alter your brain, fat stores and hunger signals are the most important component of weight loss surgery, rather than the portion control effects that have been emphasized in the past. These important shifts in your metabolic state are what should govern all of the decisions you make before and after weight loss surgery. Dr. Weiner outlines many of the hidden factors that have contributed to your weight gain that must be corrected if you hope to be successful after surgery. He then identifies the four ways that you can lose weight permanently (Bariatric Surgery is only one of them) and describes a plan that will allow you to utilize all of these techniques to maximize your weight loss after surgery. In addition to an in-depth review of the strengths and weakness of the different surgical options, Dr. Weiner also provides a nutritional plan for changing your diet to maximize your weight loss success. How Weight Loss Surgery Really Works is a must read for anyone who is considering, or has undergone Weight Loss Surgery. It presents a balanced discussion and realistic assessment of weight loss surgery in Dr. Weiner's down to earth language that will ensure that you make the best of this incredibly valuable tool. Patient Preparation for Bariatric Surgery provides a comprehensive and state of the art review of all aspects of the patient preparation process, The text reviews current literature and controversies involving sources of referrals and the difficulties encountered by primary care physicians in managing patients with extreme obesity. Strategies for addressing this problem and integrating primary care physicians in comprehensive obesity programs are presented. The text also reviews current indications for surgery and the current patient access limitations that have resulted in the need for revised surgical indications based more on medical need than mere extent of obesity. Written by an authority in the field, Patient Preparation for Bariatric Surgery is a valuable resource for bariatric surgeons, bariatric physicians and all allied health personnel who manage patients with extreme obesity and will assist in the advancement of this area of surgery as well as stimulate new discovery. Weight Loss surgery is only the first step to maintaining a Healthy weight. Post-surgery is when it is most important to maintain proper eating habits with the right balance of nutrients. Recipes for Life After Weight-Loss Surgery, Revised and Updated provides you with a variety of tasty meals that are tailored for each stage of your post-operative eating plan. Included are meal plans, pantry lists, and 200 recipes that are delicious and specifically tailored to weight-Loss Surgery Requirements: — Zucchini Frittata with Capers and Olives— Lavender-Blueberry Muffins— Sesame-Glazed Salmon— Fall Harvest Pumpkin Soup This revised and expanded edition includes 50 new Recipes with Nutritional Analysis, meal plans for each post-op stage, and the latest information on weight Loss Surgery and procedures. Developed by the American Society for Metabolic and Bariatric Surgery (ASMBS), The ASMBS Textbook of Bariatric Surgery provides a comprehensive guide of information dealing with the ever evolving field of bariatric surgery. Volume 1: Bariatric Surgery covers the basic considerations for bariatric surgery, the currently accepted procedures, outcomes of bariatric surgery including long-term weight loss, improvement and resolution of comorbidities and improvement in quality of life. A section focuses on revisional bariatric surgery and new innovative endoscopic bariatric procedures. Other special emphasis given to the topics of metabolic surgery and surgery for patients with lower BMI (30-35). Volume II: Integrated Health is divided into 3 sections: bariatric medicine, psychosocial and nutritional aspects of bariatric surgery. The first section deals with the psychosocial issues associated with morbid obesity. The second section deals with the role of bariatric physicians in preoperative and postoperative support of the bariatric patients. The nutritional section discusses the preoperative and postoperative nutritional support for the bariatric patient. The ASMBS Textbook of Bariatric Surgery will be of great value to surgeons, residents and fellows, bariatric physicians, psychologists, psychiatrists and integrated health members that manage the morbidly obese. The long-term results of bariatric surgery are usually significantly better than those achieved with conventional management. The greatest benefits offered by bariatric surgery include a reduction in obesity-related diseases and a perceived improvement in the quality of life. Gastric bypass is the most commonly performed operation for weight loss. Surgery may be considered as a treatment option for patients with a body mass index (BMI) greater than 40 kg/m², provided that the patient has previously participated in a weight management group programme with success (weight loss > 7%). Surgery may also be considered for patients with a BMI of 35–40 kg/m² when obesity is associated with pharmacologically treated type 2 diabetes or hypertension, severe sleep apnoea (CPAP therapy) or severe disease of the musculoskeletal system. Bariatric surgery has been proved to be clinically effective and economically viable for obese people when compared to non-surgical interventions. Advancement of minimally invasive surgery in the last 20 years has made the safety and reliability widely accepted by the public and government systems. Bariatric surgery not only proves its efficacy in marked long-term weight loss, but also aids in achieving substantial improvement or remission of co-morbidities. In this book, we review the fundamental knowledge of bariatric surgery, including preoperative nutrition, selection, and surgical complication. In the second part, new emerging and novel procedures are thoroughly described and discussed. Unquestionably, this book will offer you essentials as well as the latest concepts of bariatric and metabolic surgery. The second volume in the series, this video atlas provides surgeons and trainees with the latest information on complications and revisions in bariatric surgery. The videos demonstrate key procedures in bariatric surgery, showing each in a step by step approach to assist learning. Port positions and patient positioning are explained in depth. Compiled by South Carolina-based surgeon, Rana Pullatt, the atlas is a culmination of technical improvements resulting from thousands of bariatric procedures performed by experienced surgeons worldwide. The other video atlas currently available focuses on bariatric surgery techniques (9789351529354). Key points Video atlas providing latest information on complications and revisions in bariatric surgery Demonstrates all key procedures in a step by step approach Port positions and patient positioning explained in depth Second volume in Video Atlas of Laparoscopic Surgery series The second edition of Minimally Invasive Bariatric Surgery provides a comprehensive, state-of-the art review of this field, and it serves as a valuable resource for clinicians, surgeons and researchers with an interest in minimally invasive bariatric surgery. Additionally, the second edition includes new features that will benefit the resident, fellow, or bariatric surgeon new to the field. Specifically, each evidence-based chapter (i.e. outcomes, complications, epidemiology, etc) concludes with three or four exam questions that emphasize the salient points of the chapter and provide fellowship programs a valuable training tool and resource for their academic curriculum. These questions are either single-answer multiple choice or true/false format and the correct response with a brief explanation follows. As more emphasis is placed on completing a comprehensive curriculum and obtaining certification for bariatric training, this

aspect of the book is unique and provides added value to the text. The new edition also incorporates many new or updated medical illustrations to enhance the technique chapters and provide more uniformity for the artwork throughout the book. Each of the major procedures include surgical technique, outcomes, and management of complications in separate chapters to provide an easy reference for the busy clinician preparing for a case or presentation. Another unique feature of the text is a link to video files hosted online for the relevant chapters. This video library will be of great value to the user. As the number of fellowships in laparoscopic bariatric surgery continues to increase, this updated text will provide a valuable resource for general and bariatric surgeons, laparoscopic surgeons, fellows, residents, medical students, obesity researchers, and industry representatives involved in this field. This book indicates the technique and fine points of the mini- and one-anastomosis gastric bypass, and looks at the means of revising other operations related to it. The chapters discuss postoperative complications, treatment and requirements, postoperative diet and medications, the remarkable effects on the co-morbidities of morbid obesity, and the durability of the weight loss, as well as the improvement in the quality of life. **Essentials of Mini ? One Anastomosis Gastric Bypass** aims to help surgeons manage the difficulties encountered within this procedure and to help create improved practice. Written by leading experts from all across the globe, this comprehensive yet concise textbook offers up-to-date summary in the field of Obesity and its Surgical Management for a wide range of healthcare professionals involved within a Bariatric Multidisciplinary Team including Surgeons, Dieticians, Metabolic Physicians, Anaesthesiologists, Psychologists, Psychiatrists, Radiologists and Nursing staff. The book also serves as a reference manual for General Physicians, General Surgeons & General Practitioners. As bariatric procedures become more commonplace, the safety and quality of bariatric surgery continues to rise. Risk factors remain inconsistent from hospital to hospital and procedure to procedure, however, highlighting the necessity for comprehensive education on the prevention and management of their resulting complications. In response to this need, **Prevention and Management of Complications in Bariatric Surgery** is the first book to compile the most up-to-date prevention and management strategies in this field. Edited by leading experts, it provides sound recommendations for collecting, monitoring, and analyzing outcomes, with an emphasis on quality and process improvement. Its scope is tremendously comprehensive, covering everything from common complications, such as leaks, bleeding, wound infections, and venous thromboembolism; to rare-but-deadly complications, such as Wernicke's encephalopathy and rhabdomyolysis as well as the emergency management of various life-threatening complications, including internal hernia, gastric necrosis from banding, pulmonary embolus, and bleeding. Readers also learn about early-day, late-day, and intraoperative complications, for which the authors provide evidence-based recommendations for swift and accurate diagnosis, preventive strategies, and best practices in medical and surgical management. Comprehensive and accessible, this book is a valuable resource for bariatric surgeons and surgical trainees, physicians, and nurses who participate in the perioperative care of the bariatric patient. This book provides a practical guide to decision making within bariatric surgery. Through uniform and well-structured chapters, topics relating to patient selection, preoperative preparation, the ethics of bariatric surgery, choice of procedure, complications, late failure and management, malabsorptive procedures, and pediatric bariatric surgery are discussed and examined. **Difficult Decisions in Bariatric Surgery** aims to help readers navigate an increasingly complex surgical specialty and come to reasoned and evidence-based conclusions. This book is of interest to practicing and trainee surgeons, endocrinologists, endoscopists, and pediatricians. The roux-en-Y gastric bypass surgery, or RNY, can be your weight loss solution after years of struggling with obesity. Thousands of patients have successfully lost weight and kept it off after RNY, which is the most well-known kind of bariatric surgery. Weight loss surgery is life-changing, and the best information can help you succeed. "The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery " provides the information and tips you need to make the most out of this chance to overcome obesity forever. How is the RNY procedure performed? How can it help you lose weight? Is the gastric bypass surgery your best option for weight loss? What should you look for when choosing a surgeon? What will your diet be like? How can you reduce complications and side effects? This book is for you if you are just starting to consider weight loss surgery, if you know you want the RNY in particular or if you are already a gastric bypass patient. The book is a great gift option and also a great choice if you are supporting a gastric bypass patient. Learn all about: Average weight loss after Roux-en-Y gastric bypass (RNY) Choosing a surgeon and paying for surgery Safely preparing for and recovering from surgery All about the RNY diet for weight loss and health Health benefits and risks of the gastric bypass Embracing life as a RNY patient This complete guide covers the entire RNY journey - don't be left behind

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