



Weight Loss Surgery: Finding the Thin Person Hiding Inside You, FOURTH Edition

Barbara Thompson

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Weight loss surgery is a life-altering approach to finally free yourself of the obesity that has gripped so many of us for most of our lives. But with the interest in the surgery comes a dizzying variety of questions such as where to begin, what surgery to have, do I qualify, will my insurance pay for the surgery, does it really work, what will my life be like afterwards, and how can I give up my relationship with food? This FOURTH EDITION book deals with all of that and much more. You will know what pre-op tests are usually necessary and why, what vitamins to take, the role of water and exercise, the 4 Rules of Success, the Window of Opportunity, what complications may occur, what to take to the hospital, and how to deal with all of the physical and emotional issues that surround this surgery. Also included in this FOURTH EDITION is an example of an appeal letter that includes many valuable references to studies that will be of interest to the insurance company that denied you coverage. This edition now includes an informed consent quiz to test your knowledge of the risks and benefits of weight loss surgery. The book begins by guiding the reader through that big step in deciding to have surgery and then how to choose a surgeon. The author then discusses, in a very straightforward manner, the various operations available along with comparative advantages and disadvantages. This is followed by a very realistic description of what to expect during the hospital stay and during recovery. Some excellent advice is provided to help make the journey as safe and smooth as possible. The section on adjusting to new, healthy eating habits after surgery is full of very useful and practical guides. The book continues with some very practical suggestions on how to cope with and maintain success. Every issue of your life and health through the weight loss surgery journey is explored. The final chapter written by her husband, Frank, is targeted directly to a patient's family members and "significant others." It poignantly addresses some of the anxieties and concerns held by loved ones who may have strong doubts about weight loss surgery based on ignorance. This book, written by someone who had the RNY surgery and succeeded, is a "must-have" for anyone considering weight loss surgery to "find the thin person hiding inside you."

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