

HOW MANY PEOPLE WHO HAVE WEIGHT LOSS SURGERY KNOW WHAT'S IN STORE FOR THEM?

About the Author

DOREEN A. SAMELSON, EDD, MSCP, is a medical psychologist specializing in weight loss surgery and the treatment of eating disorders. She is committed to helping people with weight or food-related problems experience improved health and quality of life. An experienced public speaker, Samelson regularly lectures on weight and food-related topics, and is author of *Feeding the Starving Mind*. She lives and practices in Northern California.

Foreword writer **ARNOLD D. SALZBERG, MD**, is a member of the surgical faculty at the University of California, San Francisco. He specializes in laparoscopic high risk weight loss surgery, liver surgery, and surgery on those with end stage renal disease and transplants. He has done research at Stanford University in Surgical Advanced Technology and at UCSF on High Risk Bariatric Surgery.

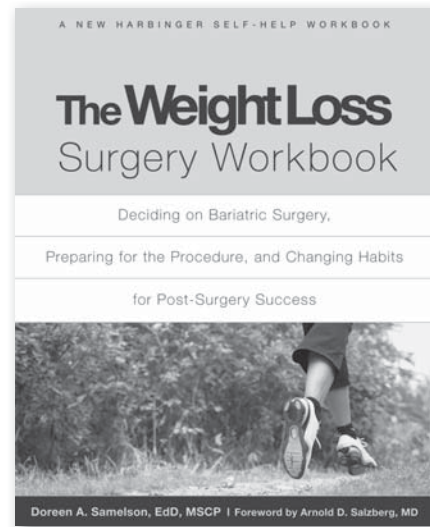
Psychologist and eating disorder specialist Doreen Samelson can tell potential patients exactly what they need know both before & after surgery.

As weight loss surgery becomes increasingly popular, with commercials for lap band surgery airing on late night TV, surgeons have adopted advanced techniques to help patients make a smooth transition into post-surgery life. However, the best way for bariatric surgery patients to ensure the best results post-procedure is to thoroughly prepare themselves in advance for the physical and psychological challenges that lay ahead of them. Medical psychologist Doreen Samelson, author of *The Weight Loss Surgery Workbook*, helps those considering the procedure to determine whether or not bariatric surgery is the best option for them and, if it is, guides them in making 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. Samelson's 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.

Samelson provides honest answers on how to:

- Make the decision whether or not to undergo bariatric surgery
- Choose the right kind of surgery for them
- Find a qualified surgeon and dietician
- Control problem eating and emotional eating
- Make peace with their body after surgery



FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault 510-594-6142
earlita.chenault@newharbinger.com

THE WEIGHT LOSS SURGERY WORKBOOK
Deciding on Bariatric Surgery, Preparing for the Procedure,
and Changing Habits for Post-Surgery Success
by Doreen A. Samelson, Ed.D., MSCP
May 2011 / 978-1-57224-899-1/ \$24.95 / 8 x 10 / 208 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

THE WEIGHT LOSS SURGERY WORKBOOK

Deciding On Bariatric Surgery, Preparing for the Procedure, and Changing Habits for Post-Surgery Success

Doreen A. Samelson, EdD, MSCP; Foreword by Arnold D. Salzberg, MD

Excerpt

With obvious difficulty, Josie walks into my office and sits down in the oversized chair next to my desk. "I was worried I might have to squeeze into one of those small chairs most doctors have in their offices," she says, shifting her weight in the chair and pulling down her flowered shirt. At age thirty-eight, Josie's obesity is threatening her health and making it increasingly difficult for her to get around. Like many patients I see, Josie is considering weight loss surgery (WLS) and has come to see me for the required presurgery psychological evaluation.

I soon learn that Josie's struggle with weight and weight loss began early. Starting with her first diet at age seven, which was prompted by a trip to her family doctor, Josie recites the long list of diets she has tried. "Losing weight isn't the problem," she explains. "I'm an expert dieter, but each time I lose weight, I gain even more back. The last few years I haven't even bothered to diet." Her discouragement is obvious. However, weight loss surgery isn't for everyone, and I'm not sure Josie is prepared for surgery or ready to accept the consequences of surgically assisted weight loss.

From many years of experience with patients seeking WLS, I know that surgery is never a cure for obesity. Weight regain after surgery, while less common than with conventional dieting, is a real possibility. The excitement people feel the first year after surgery, when pounds come off at an impressive rate, can be replaced by disgust two years after surgery, when the pounds come back and postsurgical food choices feel increasingly constraining.

Interview Questions

1. What are the different kinds of weight loss surgery? How do they differ? How safe are they?
2. When should people struggling with weight issues start to consider weight loss surgery?
3. What are some factors that those thinking about surgery should consider?
4. What are some reasons for choosing weight loss surgery along with or instead of diet and exercise?
5. What is the first step after one has chosen to have surgery?
6. How does one prepare for weightloss surgery?
7. What are some of the changes that come after surgery, and how can they affect one's lifestyle?
8. How do surgery candidates' expectations differ from reality?
9. What are some of the positive and negative effects that weight loss surgery can have on someone's quality of life?
10. What are the costs of undergoing weight loss surgery? Is it covered by most insurance?
11. How does self-esteem play into being overweight and undergoing weight loss surgery?
12. In your opinion, do more people have weight loss surgery than actually need it?

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault 510-594-6142
earlita.chenault@newharbinger.com

THE WEIGHT LOSS SURGERY WORKBOOK
Deciding on Bariatric Surgery, Preparing for the Procedure,
and Changing Habits for Post-Surgery Success
by Doreen A. Samelson, EdD, MSCP
May 2011 / 978-1-57224-899-1/ \$24.95 / 8 x 10 / 208 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com