

Making Everything Easier![™]

2nd Edition

Weight Loss Surgery

FOR
DUMMIES[®]

Learn to:

- Decide if gastric bypass surgery is right for you
- Choose the best doctor and center
- Prepare for surgery and achieve the best results

Marina S. Kurian, MD
Barbara Thompson
Brian K. Davidson



Weight Loss Surgery For Dummies® 2nd Edition

Visit

www.dummies.com/cheatsheet/weightlossurgery to view this books' cheat sheet.

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***Weight Loss Surgery For Dummies[®],
2ND EDITION***

**by Marina S. Kurian, MD,
Barbara Thompson, and Brian K.
Davidson**

Foreword by Al Roker

NBC Weatherman and Television Personality



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About the Authors

Marina S. Kurian, MD: Dr. Marina Kurian grew up in New York City and attended Stuyvesant High School. She graduated summa cum laude with a BS degree from Union College and received her MD from Albany Medical College. Dr. Kurian completed her general surgery training at Albany Medical Center in Albany, New York. She completed additional training and is board certified in both general surgery and surgical critical care. After completing an advanced laparoscopic fellowship, she started her practice in July 2000. Dr. Kurian's interest in weight loss surgery started in her general surgery training and was honed in her advanced laparoscopic fellowship. She is currently the medical director of the New York University Langone Medical Center Weight Management Program. As a recognized expert in the field of obesity surgery, she has spoken at many national and international meetings on the topic of obesity. She is the author of many articles and book chapters on laparoscopic surgery. Dr. Kurian is active in the American Society of Metabolic & Bariatric Surgery (ASMBS) and the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) and is a Fellow of the American College of Surgeons (FACS). She also is a weekly host on Doctor Radio (Sirius/XM 81), discussing a variety of health topics.

Barbara Thompson: Barbara Thompson is a gastric bypass patient, author, and professional speaker. She battled a weight problem from the day she was born. When she finally admitted to herself in her late 20s that her "baby fat" was turning into a serious problem, she began dieting earnestly, only to diet her way to severe obesity. Over her adult life, Barbara experienced the very common pattern of losing weight, regaining it, and adding a few additional pounds. When her weight reached 264

pounds and a herniated disk in her back was causing her to face disability, she knew she was in trouble. She decided to have the life-altering gastric bypass surgery in January 2000 at the University of Pittsburgh Medical Center.

Today, Barbara is a national speaker on weight loss surgery, obesity sensitivity, and getting control of your life. She is the author of *Weight Loss Surgery: Finding the Thin Person Hiding Inside You*. She hosts the patient website www.wlscenter.com; the Facebook group WLS Private; and her blog, www.weightlosssurgeryblog.net.

Barbara is a past chairman of the board of the Obesity Action Coalition, a member of the American Society of Metabolic and Bariatric Surgery Corporate Council, and a member of the National Speakers Association. She lives in Pittsburgh with her husband, Frank, and daughter, Erin. You can contact her through www.wlscenter.com.

Brian K. Davidson: Brian is the coauthor of *Weight Loss Surgery Cookbook For Dummies*. Brian has been featured on television, spoken at various industry events, and consulted with leading industry professionals and patients. He has authored several articles for the weight loss surgery community. He is a passionate advocate and dedicated to improving obesity awareness and increasing public education for this devastating disease. Brian lives in Connecticut and is the proud father of his daughter, Grace, and son, Riley. You can contact him at bk311d@gmail.com.

Dedication

This book is dedicated to everyone who is afflicted with the disease of severe obesity. It is dedicated to all those who have tried to diet and failed over and over again, only to find

themselves gaining more and more weight. It is also dedicated to the families of those with this disease, in the hopes that they will find understanding and a way to offer support. It is our desire that you find information and hope within the covers of this book.

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The authors are indebted to David Fouts, bariatric chef and weight loss surgery patient, for submitting all the recipes for this book, which are designed to help the weight loss surgery patient not only adjust to a new way of eating but learn to enjoy a healthier way of life. David is the author of Culinary Classics:

Essentials of Cooking for the Gastric Bypass Patient. His website is www.chefdave.org.

From Marina:

I have a personal mantra that I will share. Every day, I wake up and try to do better. Part of that means doing work at night after my “day job” is over. My family makes concessions and excuses all the time. My kids think it’s great that I do all this “stuff” but would love for me to just hang out and be available to them. To my family, I say, “You make me better and in a cruel twist make me want to do more. Because you make me happy and ground me, I am able to stretch and reach for the highest branches.” To my patients who have trusted me to take care of them, who continue to see me (because it really is lifelong care), who teach me about resiliency in the face of adversity, who show me there is always a way, who have lifted me on my down days, I thank you. I have immense job satisfaction because of you all. Not everyone can be so lucky.

From Barbara:

I am indebted to the thousands of patients I have met in my travels and at speaking engagements. They have inspired me beyond words with their courage and newfound love of life. And to the many surgeons and healthcare professionals who work with these patients — I have never met a more compassionate and caring group of people who love what they are doing. I am especially indebted to Dr. Phil Schauer, now at Cleveland Clinic, who performed my surgery and has remained a lifelong friend.

And to my husband, Frank. I could not do what I do if it weren’t for his love, support, guidance, and patience. His chapter in my first book addressed to significant others has helped thousands of families understand what patients go through and how they

can provide loving support. And to the delight of my life, my daughter, Erin. I bless the day that she came into my life.

From Brian:

I would like to give a special thanks to my parents, Myrna and Bob. To my children, Grace and Riley, who inspire me with the beauty of their spirit, compassion, joy, and love. To all those who have helped me along this wonderful journey, thanks from the bottom of my heart.

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Foreword

I sometimes tell people that Dr. Marina Kurian gave me my life back. I have struggled with my weight my entire adult life. I dieted my way to a low of 185 pounds in the mid 1970s and went up and down through the -'80s and -'90s till I topped out at 325 pounds during the 2002 Winter Olympics. By then I had decided to have gastric bypass surgery and was scheduled for the procedure with Dr. K., as I like to call her, in March 2002.

It wasn't a decision I made lightly. I researched the procedure on the Internet, I spoke with bypass patients, and I interviewed eight different doctors before I came to make this choice.

My surgery has been a great success, but one that comes with a price. This book is a great help to those who are considering the surgery, as well as their family and friends. It explains the various procedures, the risks, the possible complications, and what goes on after you've started losing weight. I wish it had been out when I had my surgery.

I have always been very careful when talking about the surgery. I have never endorsed it, and in only a couple of cases have I ever recommended it. I do, however, recommend this book, only because of the people who are behind it.

Weight Loss Surgery For Dummies is really for smart people who want to make an intelligent, informed choice.

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New York