

Weight Loss Surgery Is the Easy Way Out

Nothing angers a weight loss surgery patient more than hearing someone say that weight loss surgery is the easy way out. There is nothing easy about it. Consider the following:

- ✓ You have to go through rigorous physical and psychological testing to ensure that you're an appropriate candidate for surgery.
- ✓ You may have to fight with your insurance company so the surgery is covered.
- ✓ You may face complications from the surgery.
- ✓ You have to endure about four weeks of liquids and pureed foods — not fun!
- ✓ You have to learn a whole new way of eating — and there are consequences if you don't follow the rules. You may throw up, suffer dumping (RNY) syndrome, experience nausea, and get food stuck in your *stoma* (the opening from your new small pouch to your small intestine) — and that hurts!
- ✓ As your system adjusts to the surgery, you may have a real problem with nausea.
- ✓ You may lose a lot of your hair for a three- to five-month period after the surgery. (RNY)
- ✓ When you realize that you can no longer use food for comfort, you have to adjust psychologically and find new ways of coping.

Next time someone tells you that weight loss surgery is easy, try naming just a couple of the items on this list. That'll show 'em — and besides, you'll be educating that person so he doesn't make that comment to someone else in the future.

Excerpt from: *Weight Loss Surgery for Dummies*