



Welcome to Blue Valley Surgical Associates

We are glad that you chose us to consult with you on your weight loss goals. We have been an industry leader in bariatric surgery for more than a decade. BVSA specializes in laparoscopic bariatric procedures including gastric banding and sleeve gastrectomy. Below, you can see a diagram of these surgeries.



Gastric banding

An adjustable silicone band is placed around the upper part of the stomach creating a small pouch above the band. This restricts the amount of food you can eat, causing you to eat slower, feel full faster and stay full longer.

Sleeve gastrectomy

A sleeve gastrectomy involves several small incisions and a laparoscope (a small camera) which guides the surgeon during the surgery. During this procedure, a large portion of the stomach is removed leaving a vertical sleeve about the size of a banana. As a result, the stomach will get full with less food, resulting in weight loss.



Your Map To Surgery Blue Valley Surgical Associates

- 1. New Patient Consultation**

Your first visit, where we review your health history and collect your insurance information, if necessary.
- 2. Verification of Benefits**

This is a behind-the-scenes process, during which one of our insurance specialists researches your insurance plan to find out if your plan may cover your surgery. This process normally takes 24-48 hours. If your insurance policy does not include bariatric benefits to cover your surgery, we will contact you with financing options.
- 3. Insurance and Practitioner Requirements**

Once we have received verification of benefits back, we will begin to work towards getting the necessary requirements needed from both the insurance company and the provider you are seeing. A member from our clinic team will be getting these appointments made for you, and tracking you along the process.
- 4. Insurance Pre-Determination**

Once we have met all of the requirements, your chart is sent back up to our insurance specialist where they will submit all the required paperwork back to the insurance company letting them know you have fulfilled all of their needs. This may take 1-2 weeks.
- 5. Anesthesia Clearance**

After they have received approval from the insurance company, your chart will be taken to the anesthesiologist for review. The anesthesiologist will review your health history and all clearances obtained. Depending on your health, the anesthesiologist may occasionally request additional tests depending on your results. This is a very important step to insure your safety in the operating room. This can take 48-72 hours for review. If additional clearances are needed this will delay your surgery being scheduled.
- 6. Surgery Scheduling**

Once the surgery scheduler receives your approved chart from anesthesia, they will be contacting you within 24-48 hours to get your surgery scheduled! Congratulations, you are on your way to a healthier you!
- 7. Pre-Operative Visit**

Please make sure to contact your clinic as soon as you have a surgery date. They will schedule you a visit to come in before your surgery to discuss your before and after surgery diet. As well as draw your pre-operative labs.



Pre-Op Homework

Practicing these steps will help prepare your body to heal well, as well as set you up for success in your weight loss:

1. Practice thoroughly chewing your food. Chew each bite 15-20 times.
2. Practice eating slowly, each meal should last 15-30 minutes.
3. Practice not drinking with meals. Stop drinking 30 minutes prior to meal, not at all during the meal, and not for 30 minutes afterward.
4. Practice not chugging drinks.
5. Eat a diet of high protein (60-80 grams per day) and low carbohydrates (less than 30 grams per day).
6. Find a protein drink you like.

Feeding Your Hunger with Protein

Sometimes life gets busy and there may be times where you have to wait too long until your next meal. At these times, it is okay to have a small, healthy and high protein snack to satisfy your appetite and meet your nutritional needs.

Things to Keep in Mind:

- Ask yourself if you are truly hungry. Many times our desire to snack is based on boredom, emotions, or simply just a habit that we get into.
- Keep snacks at 80-100 calories.
- Make sure you include protein in your snack to help meet nutritional needs and truly satisfy your hunger.
- Try to pre-make snacks and keep them with you if you know you are going to have a busy day. This will help you avoid fast or convenience foods that are unhealthy and don't have any "staying power."

80-100 Calorie Protein Snack Ideas

- 1 small container of yogurt (less than 100 calories, check label)
- 3 (1 oz.) slices deli ham, chicken, or turkey – rolled up
- ¼ cup low-fat tuna salad on 3 whole wheat crackers
- ½ cup fresh veggies dipped in 2 tablespoons hummus
- 1 hardboiled egg
- ½ small apple (skin off) and 1 slice of reduced-fat cheese
- 10 walnuts or almonds
- ¼ cup low-fat cottage cheese and 3 whole wheat crackers
- ¼ cup low-fat cottage cheese mixed with ¼ cup unsweetened applesauce
- ¼ cup low-fat, low sugar yogurt with ¼ cup blueberries or raspberries
- 4 slices honey ham with 2 teaspoons honey mustard, rolled in lettuce leaf
- 1 slice deli ham, turkey or chicken rolled with 1 slice low-fat cheese
- ½ cup veggies dipped in 1 tablespoon of light cream cheese
- 2 medium dill pickles each wrapped in 1 slice of deli ham

The Good Proteins: Protein can help you shed pounds and keep your belly full. It's important to eat the right amount and the right kind of protein to get the health benefits.

The goal is to take in roughly 60-80 grams of protein per day (or 25-30 grams per meal).

Fish & Seafood

Seafood is one of the best sources of protein because it's usually low in fat. Fish, such as salmon, is a little higher in fat, but is the heart-healthy kind containing Omega-3 fatty acids.

White-Meat Poultry

Stick to the white meat of poultry for excellent, lean protein. Dark meat is higher in fat and should be eaten more sparingly. The skin is loaded with saturated fat, so remove the skin before cooking.

Dairy

Not only are dairy foods excellent sources of protein, but they also contain valuable calcium. Choose skim or low fat dairy to keep bones and teeth strong, prevent osteoporosis, and enhance weight loss.

Eggs: One of the best and least expensive forms of protein. The American Heart Association says normal healthy adults can safely enjoy an egg a day. It should be noted that the egg white is higher in protein and lower in fat and cholesterol than the yolk.

Beans

One-half cup of beans contains as much protein as 3 ounces of broiled steak. Plus, these nutritious nuggets are loaded with fiber to keep you feeling full.

Soy

Twenty five grams of soy protein daily can help lower cholesterol and reduce the risk of heart disease. Combine soy protein foods like tofu with a healthy low fat diet.

Pork Tenderloin

This great and versatile white meat is 31% leaner than it was 20 years ago.

Lean Beef

Lean beef has only one more gram of saturated fat than a skinless chicken breast. It is also an excellent source of Zinc, Iron, and Vitamin B12.

Note: Pork and beef can be very chewy/dry. It will help to cut these meats into very small pieces no larger than the width of the fingernail on your little finger. Small amount of dipping sauce is ok.



Protein Sources and Supplements

Meat Group	Grams Per Serving
4 oz. meat	28g
4 oz. poultry	28 g
4 oz. fish	28 g
¼ cup tofu	5 g

Dairy Group	Grams Per Serving
1 egg	6-8 g
¼ cup cottage cheese	8 g
1 oz. cheese	8 g
8 oz. yogurt	8-13 g
1 cup of skim or 1% milk	8 g
1 cup of soy milk	10 g
1 tbsp grated parmesan cheese	2 g

Look for whey protein supplements. They are sold in numerous stores varying in price and amount of protein. Try to avoid nutritional pre-made shakes such as Slimfast, Boost, Special K, and Glucerna. These generally contain many more calories and carbohydrates than the whey protein shakes. Popular brand examples of whey protein shakes are Unjury, Nectar, Cytosport, and Body Fortress.

Protein bars are acceptable as well, however can hold many hidden calories and sugars. Be sure to read the label and eat the bar with the lowest amount of calories and carbohydrates.

* Light Start can be purchased with food stamps.

Water: Why it is important for weight loss?

By Lou Miller EdS., M.S.N., ARNP, FNP-BC, CDE

- **Water is the most important nutrient in our diet.**
- Water is needed to maintain the balance of the normal body state.
- Water is the most abundant solvent or medium in the human body.
- Water is important in regulating cell volume, nutrient transport, waste removal, and body temperature.
- Water is found both inside and around the cells and accounts for 70% of adult body weight.
- Our bodies can't store excess water for future times of need. Daily intakes are essential for all body functions such as digestion, absorption, circulation, excretion, transporting nutrients, building tissue, and maintaining body temperature.
- Water suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase.
- Overweight people need more water than people of normal weight. Water is the key to fat metabolism and helps rid the body of waste. Overweight people, have larger metabolic loads and need more water to metabolize their excess fat.
- Water helps to maintain proper muscle tone, which in turn aids muscle contraction and prevents dehydration. It also helps to prevent the sagging skin that can follow excessive weight loss. Shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy and resilient.
- Remember to help the feeling of fullness at mealtime, do not drink water for 30 minutes before your meal and 30 minutes after your meal.
- A minimum of 64 ounces of water daily is essential for you to stay healthy and is very important for weight loss.

References:

1. Cataldo, DeBruyne, Whitney. Nutrition and Diet Therapy. West Publishing Co. St. Paul MN. 1985.
2. The Weight is Gone Support Team, *Lifestyle Grude*, Fill Centers USA, Snowflake, AZ, 2005.
3. Personal notes on bariatric medicine and Diabetes.



Vitamin Recommendations

One Multivitamin twice a day

- A Flintstones™ Complete chewable vitamin is sufficient
- Supports brain function, eye health and immune system
- Strengthens bones and teeth

1200 mg Calcium per day

- Strengthens bones and improves joint health
- Helps your muscles contract
- Improves brain and nerve function and improves blood pressure
- Reduces colon cancer risk

One Vitamin B Complex supplement per day

- Supports and increases metabolism rate
- Maintains healthy skin and muscle tone
- Enhances immune and nervous system function
- Promotes cell growth

4,000 international units of Vitamin D per day

- Maintains calcium balance for bone health
- Boosts your immune system
- Reduces cancer risk

2,000 international units of Omega 3 Fatty Acids

- May be too large for your stomach opening. Look for Mega Red, which has small capsules or chewable varieties.
- Reduces the risk of heart disease and stroke
- Improves cholesterol and blood pressure



Exercise: The Key to Weight Control

Cleaning the bathroom burns a lot more calories than watching the TV. In fact, most light household chores burn twice as much as sitting. This chart will show you how being more active makes a big difference in the number of calories you burn. Make a pact with yourself now to sit less and move more!

How Often?
On Most Days:
 30 minutes – to prevent chronic disease
 60 minutes – to prevent weight gain
 60-90 minutes – to sustain weight loss

- Setting aside 30 to 60 consecutive minutes each day for planned exercise is one way to make room for physical activity, but it is not the only way.
- Physical activity can be cumulative. For example, try three to six sessions (10 minutes each) over the course of a day.
- Take a look at this example to see how easy it is to fit 60 minutes of moderate activity in your day:
 - **Cleaning the house 10 minutes**
 - **Walking briskly at lunch 10 minutes**
 - **Cooking dinner 10 minutes**
 - **Exercise with a home video 30 minutes**

Activity	Calories Burned per 30 Minutes
Sedentary	
Watching TV, computer	38
Moderate activity	
Laundry, folding clothes	76
Making the bed	76
Preparing dinner	78
Washing dishes	81
Vacuuming, sweeping	90
Walking (slowly)	110
Grocery shopping	129
Cleaning the bathroom	129
Washing the car	163
Gardening	172
Very active	
Working out at the gym	200
Yoga	210
Walking (briskly)	211
Aerobics	215
Biking easily on flat road	235
Soccer	250
Spinning	254
Swimming	321
Jogging	360
Kickboxing	384



Nutrition after Bariatric Surgery Ideas from John Dixon, M.D., Ph.D.

Satiety is the Key to Success

- The magic of the bariatric procedure is its ability to allow smaller meals to not only satisfy in the short term, but the long term
- Put highly satiating foods such as protein foods before times of hunger

Good Eating

- There is no room for empty calories
- Eat nutritious food:
 1. Low fat: Seafood and Plant origin
 2. High quality protein: Seafood, egg, low fat dairy and lean meats.
 3. Fruit and vegetables
 4. Fiber
- AVOID:
 - 1 High fat
 2. High sugar 'empty' calories
 3. High starch foods
 4. Processed/takeaway foods
 5. Snacking or grazing

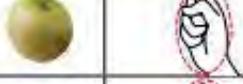
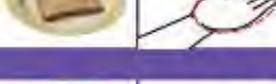
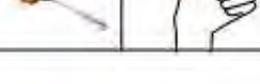
Diet and Weight Control

- ALL calories count – Watch portion size and let the scales be your guide
- Avoid sweetened beverages entirely. Watch the fruit juices – eat the whole fruit instead
- Replace refined grains with whole grains. “Less processed and more grain”
- 5 servings of fruit and vegetables a day
- Make sweets an occasional event
- Support others in controlling their weight. If you love them – don't stuff them

Early Satiation – Limits Meal Size

- 3 meals per day – 2 are OK
- Make time for the meal and eat it slowly
- Set yourself up with a small meal – 2-year-olds consume a healthy 1200-1400 calories/day
- Use symptoms of satisfaction to stop a meal, not discomfort or obstruction
- If hungry, eat a HEALTHY snack, but never GRAZE

Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Milk & Milk Products			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
Vegetables			
Cooked carrots		One fist	1 cup
Salad (bowl of salad)		Two fists	2 cups
Fruits			
Apple		One fist	1 medium
Canned peaches		One fist	1 cup
Grains, Breads & Cereals			
Dry cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)		Handful	½ cup
Slice of whole wheat bread		Flat hand	1 slice
Meat, Beans & Nuts			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

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Post Bariatric Surgery Well Stocked Pantry

Soups and Canned Goods

Beans
Soup- Lentil, Minestrone, Black Bean
Libby's Pure Pumpkin
Evaporated Milk
Canned Diced Tomatoes

Packaged Foods

Sugar-Free Jell-O
Sugar-Free Pudding

Beverages

Sugar-Free Flavored Water
SoBe or FUZE Sugar-Free flavored water
Crystal Light, Wylers, Lipton, and Arizona
Sugar-Free Drink Mixes
Swiss Miss Sugar-Free Hot Chocolate

Meat & Seafood

Canned tuna in water
Pouch tuna and Salmon
Deli sliced turkey and ham
Rotisserie Chicken
Bacon- turkey or lean, low sodium
Chicken Breast-skinless, boneless
Ground Turkey
Turkey Burgers
Turkey Tenderloin
Salmon
Shrimp
Scallops
Tilapia, Bass, Flounder, or Grouper fish filets
Crab meat (not imitation)

Fruits

Applesauce- no sugar added
Berries- strawberries, blueberries, raspberries, etc
Frozen fruit with no added sugar
Honeydew Melon, Cantaloupes
Watermelon

Vegetables

Salad Mix, any variety
Squash such as butternut, zucchini, acorn
Carrots
Frozen veg such as broccoli, cauliflower, mixed
Onions
Green, red, and yellow peppers
Tomatoes

Dairy and Eggs

Low fat margarine
Cheese
Cottage cheese and Ricotta cheese
Skim Milk
Soy Milk Light
Egg Beaters
Coffee-Mate Sugar-Free
Cool Whip Sugar-Free or Reddi Whip Light
Low fat yogurt - Yoplait light or Dannon Light & Fit
Greek yogurt

Baking Items, Spices, and Condiments

Black Pepper
Cinnamon, nutmeg, allspice
Salt
Oregano
Taco Seasoning
Vanilla extract
Baking Powder and Baking Soda
Old Fashioned Quaker Oats
Splenda Granules
All-purpose wheat flour
Balsamic Vinegar
Salad Dressing-Vinaigrettes or Light
Soy Sauce
Chicken & Beef Broth
Light Mayonnaise
Olive Oil
Pasta Sauce
Peanut Butter
Pickles
Salsa, Hot Sauce
Mustard- reg or spicy, not honey mustard

10 Ways to Outwit Your Appetite

1. Feed it protein for breakfast. You'll be less hungry later on and end up eating 267 fewer calories during the day, as proven by a St. Louis University study.

2. Make it climb a flight of stairs. At home, store the foods that tempt you most way out of reach. For instance, Cornell University food psychologist Brian Wansink, PhD, keeps his favorite soda in a basement fridge. "Half the time I'm too lazy to run down there to get it, so I drink the water in the kitchen."

3. Sleep on it. People who don't get their eight hours of sleep experience hormonal fluctuations that increase appetite, report researchers.

4. Give it something else to think about. When scientists scanned the brains of people eating different foods, they found that the brain reacts to fat in the mouth in much the same way that the nose responds to a pleasant aroma. So if you feel a craving coming on, apply your favorite scent.

5. Never let it see a heaping plate. The more food that's in front of you, the more you'll eat. So at a restaurant, ask your waiter to pack up half of your meal *before* serving it to you then eat the extras for lunch the next day.

6. Put it under the lights. You consume fewer calories at a well-lit restaurant table than you do dining in a dark corner. "In the light, you're more self-conscious and worry that other patrons are watching what you eat," explains Wansink.

7. Talk it down. Entertaining friends with a great story doesn't give you much time to eat up, so you'll probably still have food on your plate when they're done. Once they're finished, call it quits too.

8. Offer it a seat. If you sit down to snack, and use utensils and a plate, you'll eat fewer calories at subsequent meals.

9. Give it little choice. Packages that contain assorted varieties of cookies, candy, dips, cheese, etc., make you want to try all the flavors. The effect is so powerful, says Wansink, that when people are given 10 colors of M&Ms to munch on, not seven, they eat 30 percent more!

10. Feeding your appetite a diverse diet that is low in calories and high in nutrients can make your real age as much as four years younger, sweet.

Bonus: Never eat with your fingers. You will slow down, resulting in feeling satisfied faster. Plus, you will avoid all those dangerous snack foods.

Reference: <http://food.yahoo.com/blog/beauty eats/10759/10-ways-to-outwit-your-appetite>



Strategies for Special Occasions

Before the Gathering:

1. Talk to the hostess about the food that will be served, if possible.
2. Plan to take a low calorie dish as a friendly gesture.
3. Plan what you will eat prior to the meal.
4. Eat something low calorie, which is filling, before leaving home.
5. Arrive late enough to miss the appetizers if a time is designated for hors d'oeuvres.

Slow Down:

1. Choose foods that take time to eat.
2. Select small portions.
3. Lay your utensil down after every bite.
4. Engage in conversation.

Avoid Grazing:

1. Station yourself away from the food.
2. Engage in activities that prevent eating (playing cards, recreational sports).
3. Carry a drink and sip it.
4. Volunteer to help clear the table so that the food will be put away.
5. Find a good excuse to leave the table and hope others follow.

Choose Less:

1. Take small servings.
2. Compliment the host/hostess with words rather than second helpings.
3. Leave some food on your plate, most people do.
4. Eat more of the low fat choices if you are still hungry (vegetables, fruit, and plain breads).

When All Else Fails:

1. Explain your commitment to light dining.
2. Use your partner as an ally.
3. Remember, you are in control.



Ten Things to Do to Avoid Snacking

1. Don't keep junk food in the house. You can't eat what isn't there.
2. Visualize what the scale reading will be if you do or do not pick up that snack.
3. Keep a food journal and make it public – have a friend or your spouse look over your food journal daily. Honesty counts!
4. Practice HALT – an acronym for the advice: “Don't let yourself get too Hungry, Angry, Lonely, or Tired.” When you are in one of those places, you are more likely to give into temptation.
5. Occupy your hands by doing crafts, puzzles or something else that keeps your hands busy.
6. Brush your teeth. You won't want to ruin the fresh taste in your mouth by snacking.
7. Keep a tangible reminder of your desire to lose weight close at hand. It should be small and portable. Objects such as, a poker chip, special coin, a smooth stone work well. Use it as a reminder of your desire to reach your goal weight. When temptation arises, take out your tangible reminder object and rub it to remind yourself of your goal.
8. Drink water instead of snacking.
9. Move! Not only will you not be snacking, but you will also be burning calories.
10. Go outside for a walk; get some vitamin D.

Reference: Adapted from Tops News/July 2007

Making Better Food Choices

There are times when most of us are going to eat out because it is quick and easy. That is why, when you DO eat meals out, it is so important to make the best choices you can.

Here are some tips you can use when you order. These small changes will help cut down on calories, fat, salt and sugar:

- **Go light on the sauce.** There are lots of hidden calories in mayo, sour cream, salad dressing and other sauces. Choose reduced fat or decline them altogether.
- **Choose the chicken.** When in doubt, order grilled, baked or broiled chicken...not fried or breaded.
- **Veg out on the sandwich:** Ask for tomato, lettuce, onion, or other veggies on your sandwich.
- **Swap out the fries and onion rings:** Order a side salad or fruits or veggies.
- **Pass on the soda:** Opt for water, sugar-free juice, or fat-free or low-fat milk instead of high-fat shakes or sugary soda.
- **Opt for regular sizes:** It may seem like a good “value” but there are lots of extra calories and fat in those extra-large servings.
- **Go for whole wheat:** Whole wheat buns should have more fiber than regular white bread.
- **Thin crust it:** Go for a thin crust pizza with veggies instead of a thick crust with meats and extra cheese.
- **Skip the sides:** Eating a burger or sandwich by itself is often filling enough. If you do want a side, consider ordering a fruit cup or side salad.
- **Avoid double meat and bacon:** A serving size of meat is 2 to 3 ounces (about the size of a deck of cards). Load sandwiches with as many vegetables as you can.
- **Plan ahead to eat foods with less calories and fat:** Most restaurants have online websites that list nutrition information for all menu items.
- **Avoid extra calories:** Ask for dressings and sauces on the side. Skip the cheese and fried items.
- **Don't eat in the car:** Bring your food home or eat it in the restaurant.

Ethnic Food Choices:

- **Mexican restaurants:** Order fajitas and skip the tortillas and rice. Limit the amount of cheese and choose items that are not deep fried.
- **Chinese restaurants:** Order meat items listed as “with vegetables.” Stay away from deep fried egg rolls, wonton skins and fried rice. Share your entrée with someone else.
- **Italian restaurant:** Marinara sauce has a lot less fat and calories than alfredo or cream sauces. Limit the amount of garlic bread and spaghetti you eat. Limit pizza to one slice and have a salad.



Bariatric Surgery and Comfort Foods

Patients who have had bariatric surgery often have to realize that the bariatric procedure is only a tool and patients need to be prepared to deal with emotional eating responsibly.

At BVSA, we try to educate our patients as much as possible about how to eat healthy, nutrient-dense food and how to avoid unhealthy food. We talk to patients about stress eating and how to avoid it. One of the trickiest topics is comfort food.

Just because someone has had a stomach surgery does not mean that they won't crave unhealthy items, such as pastries or ice cream. Bariatric patients must realize the difference between physical hunger and emotional hunger.

The first key for bariatric patients to deal with emotional hunger is to recognize the difference between that and physical hunger.

Signs of Physical Hunger:

- Gradual development
- Felt below the neck
- Stomach growls
- Happens well after a meal
- Goes away when your stomach is full
- Eating leads to a feeling of satisfaction

Signs of Emotional Hunger:

- Sudden development
- Felt above the neck (craving for a specific taste)
- Strikes at any time
- Persists even if your stomach is full
- Eating leads to guilt and shame

Quit Smoking

BEFORE YOUR OPERATION



AMERICAN COLLEGE OF SURGEONS
*Inspiring Quality:
Highest Standards, Better Outcomes*



Smoking increases your risk of problems during and after your operation. Quitting 4 to 6 weeks before your operation and staying smoke-free 4 weeks after it can decrease your rate of wound complications by 50%. Quitting permanently can add years to your life.



Your chance for a better recovery

PREPARE FOR YOUR QUIT DAY

As listed on the American Cancer Society website:

- Pick the date and mark it on your calendar.
- Tell friends and family about your Quit Day.
- Get rid of all the cigarettes and ashtrays in your home, car, and place of work.
- Stock up on oral substitutes (sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and/or toothpicks).
- Decide on a plan. Will you use nicotine replacement therapy (NRT) or other medicines? Will you attend a stop-smoking class? If so, sign up now.
- Practice saying, "No thank you, I don't smoke."
- Set up a support system, which could be a group program such as Nicotine Anonymous or a friend or family member who has successfully quit. Ask family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.
- If you are using bupropion or varenicline, take your dose each day of the week leading up to your Quit Day.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.

YOUR QUIT DAY

On your Quit Day:

- Do not smoke. This means none at all—not even one puff!
- Keep active. Try walking, exercising, or hobbies.
- Drink lots of water and juices.
- Begin using nicotine replacement if that is your choice.
- Attend a stop-smoking class or follow your self-help plan.
- Avoid situations where the urge to smoke is strong.
- Avoid people who are smoking.
- Reduce or avoid alcohol.
- Think about how you can change your routine. Use a different route to go to work, drink tea instead of coffee, eat breakfast in a different place, or eat different foods.

DEALING WITH WITHDRAWAL

Nicotine replacement and other medicines can help reduce many of the physical symptoms of withdrawal. Most smokers find that the bigger challenge is the mental part of quitting.

If you have been smoking for any length of time, smoking has become linked with nearly everything you do—waking up in the morning, eating, and drinking coffee. It will take time to "un-link" smoking from these activities, which is why, even if you are using a nicotine replacement, you may still have strong urges to smoke.

This information is published to educate you about preparing for your surgical procedures. It is not intended to take the place of a discussion with a qualified surgeon who is familiar with your situation. It is important to remember that each individual is different, and the reasons and outcomes of any operation depend upon the patient's individual condition.

The American College of Surgeons is a scientific and educational organization that is dedicated to the ethical and competent practice of surgery; it was founded to raise the standards of surgical practice and to improve the quality of care for the surgical patient. The ACS has endeavored to present information for prospective surgical patients based on current scientific information; there is no warranty on the timeliness, accuracy, or usefulness of this content.

Successful quitting is a matter of planning and commitment, not luck. Decide now on your own plan.



RECOMMENDED WEBSITES

www.americanbariatrics.org

www.dailystrength.org/c/Gastric-Bypass-Surgery/support-group

www.americanbariatrics.org/forum/php

www.obesityhelp.com

www.bariatricpal.com

www.meetup.com/Kansas-City-Batriatric-Surgery-Support-Group

www.thinnertimesforum.com

www.loseit.com

www.weightwatchers.com

www.tops.org (Take **O**ff/Keep off **P**ounds **S**ensibly)

www.oa.org (**O**vereaters **A**nonymous)

www.sparkpeople.com

www.asmb.org (**A**merican **S**ociety for **M**etabolic and **B**ariatric **S**urgery)

www.obesityactioncoalition.com

www.bariatriceating.com

www.theworldaccordingtoeggface.com



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