

CONSIDERATIONS: APPENDIX D

Important considerations

The surgical procedure must not be considered until you and your doctor have evaluated all other alternatives. The appropriate surgical method for obesity treatment requires a detailed analysis and discussion with your doctor in regards to the following aspects:

The surgical procedure for weight reduction must not be considered as a cosmetic surgery. Therefore, it does not implicate the removal of adipose tissue (fat) by excision or suction.

The decision to choose a surgical treatment requires a minute consideration of the risks and benefits for the patient and a meticulous planning of the adequate surgery.

The weight reduction surgical removal treatments are not reversible except for the Adjustable Gastric Band. Good results of the surgical treatment for weight reduction depend on the long-term changes of life style of the patient in reference to diet and exercise.

It is possible that after surgery other related surgeries might be necessary.

RISKS:

What risks does the surgical treatment for obesity involve?

Like any other surgical procedure for weight reduction there are risks involved. The patient must consult with his doctor and examine what type of procedure is most convenient (**See Appendix D, Considerations**)

Appendix A describes some of the risks and complications that might occur after the surgery. Nonetheless, it is an incomplete list.

For example, it does not include some of the rarely occurred complications. It is important to talk to your doctor about concrete risks related to your specific treatment.

QUESTIONS TO ASK YOUR DOCTOR:

It is convenient for you and your doctor to be a well-informed patient. Here is a list of questions that you might ask a bariatric surgeon before deciding to undergo surgery.

1. - Is it possible to have the surgery utilizing the least invasive techniques?
2. - Am I a candidate for this type of surgery even though I have one or more health conditions related to obesity?
3. - What procedure is best for me? Why?
4. - What risks are implied?
5. - How long will I be in surgery?
6. - How long will I be hospitalized?

7. - How long before I can resume my normal activities?
8. - How will my eating habits change?
9. - Do you have information about cost of surgery and payment alternatives?
10. -In other patients, what results have been obtained in terms of weight loss and health improvement after the surgery?
11. - Do you have information to provide to my family to better understand the implications of the surgery?
12. - What type of long-term post op services (support groups or counseling) can you offer me?
13. - What do you expect of me as a patient if I decide to have the surgery?

FIRST STEP:

The first step of an important decision

Where should I begin once I have explored the surgery alternative for obesity treatment?

A good place to start is this Web site, which was created to provide a complete understanding of the risks and benefits that this procedure offers:

The next step is to talk to your doctor; and to find a local surgeon specialized in weight reduction procedures as well as a support group. There should be a bariatric clinic or a weight reduction clinic in your community, which specializes in this type of surgery. All and get information about free seminars for the general public.

Remember that there is a lot of erroneous information about weight reduction surgery if such sources are not accredited. Talk to other people that have had the surgery, they will help you understand so you will know that you have chosen the right decision and in this manner you will feel better and safe. Your best source of information is an experienced bariatric surgeon, which knows how to manage your needs before, during and after the surgical procedure for the treatment of obesity.

- * Your doctor must be certified to perform this type of surgery.
- * You must have a multifunctional team with bariatric help
- * Psychiatrist, Nutritionist, Pneumologist, Cardiologist, Clinical Specialist, Intensivist, Anestheologist, Gastroenterologist and Plastic Surgeon