

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

The Path to Weight Loss Surgery

Before Surgery: Common Questions & Concerns



The path to weight loss surgery is different for each individual.

Some decide very quickly that this is the right thing for them and move forward immediately. On the other end of the spectrum are those who research and soul search for years before making a decision. Most people fall somewhere in the middle, taking time to seek out information, work through emotions, and come to a decision when they have reached their personal level of comfort. Although there is certainly no right or wrong path, we have outlined some common steps people take to determine if weight loss surgery is right for them.

AWARENESS

The first step onto the path to weight loss surgery is becoming aware that there is an effective surgical treatment for severe obesity. This information comes to people in a variety of ways. One of the most common ways is by word-of-mouth from someone who has had weight loss surgery or someone who knows of someone who had weight loss surgery. Not only does weight loss surgery result in dramatic physical changes causing people to take notice, but those having had weight loss surgery are usually very excited and willing to share their experience with others.

Others may first become aware of bariatric surgery through their doctors, an advertisement, a TV show or a newspaper or magazine article.

After trying diet after diet, medication after medication and hype after hype, many approach the prospect of weight loss surgery cautiously. They see the results

others achieve and want to be hopeful, but past experiences with weight loss attempts dull their enthusiasm. Weight loss surgery, on the surface, seems too good to be true. But, for many, hope for a better quality of life propels them to move onto the next step on their path, that of seeking out information.

INFORMATION SEEKING

Information seeking can take on many forms, from having a casual conversation with a weight loss surgery patient to conducting internet searches, reading books and scientific studies, talking with a primary care physician, or attending an informational weight loss surgery seminar.

First, people are often looking for answers about the basic nuts and bolts of surgery:

- What types of surgery are available?
- How do the different types of surgery work?
- Who offers surgery?
- What are the advantages having surgery at one hospital over another?
- Will my insurance cover surgery and how much will my co-pay be?

- If my insurance does not cover surgery, how much will it cost?
- What are the health benefits that I might experience beyond weight loss?

Once satisfied with the basics, they then want to know go a little deeper in understanding what is involved:

- Does this really work?
- Do I need to exercise?
- What will I eat after surgery?
- How will this impact my diabetes, arthritis, sleep apnea, and other health issues?
- How will this impact my family?
- How will this impact my social life/job/travel plans?





PROCESSING EMOTIONS

Along the entire path, there are feelings to sift through and process. We recently asked our Barix Clinics post-op patients about their pre-surgery concerns and advice to those considering surgery and this is what they told us:

My primary concern was and to some degree still is, "What if I fail one more time?" I am 2yrs+ Lap RNY, down 140lbs and training for my first 5k and 1/2 Marathon.
—Andy A.

I am so new, only 7 weeks post op. Happy with the results and was truly surprised at how little pain there was after surgery.
—Mary P.

My biggest thing was losing too fast and looking deathly ill. I had the sleeve done Nov 2011 and I am down almost 100 lbs. I have learned that this is a life-changing experience, not just a quick fix.
—Katie O.

The main fear for everyone is gaining it back. I am only a year and a half out and down 157 pounds. Bigger than my fear, though, was staying the way I was. I was too big to do anything and worried that I'd never see my son grow up.
—Jami M.

I had my surgery in 2000; I had many fears before I decided to have the surgery. Mostly I feared the long term — would I survive, would I gain it back, if I ate would I explode — LOL but true. I searched for 1 year and found Barix Clinics to be the place for me. Not only are they the experts but most of the staff had their procedure done there also. I was 384 lbs and now I weigh 160.
—Sharon E.

I was afraid I would still be hungry and not be able to eat. I was afraid of feeling left out and deprived at gatherings with family and friends. I still watch what I eat but my hunger isn't near what it used to be; it's manageable, and I don't feel deprived at gatherings. In fact, before I just watched...now I participate!
—Sabrina F.

I can honestly say that I was not scared at any point to have the surgery because I had reached

a point in my life where I didn't think I could feel any worse or be any more miserable! I could not walk up a flight of steps without being winded, run around in the yard with my children, or even work my job without being in pain from all the extra weight I was carrying! I had my surgery August 3, 2009 and lost 134 pounds in 10 months, exactly half of my weight! I went from a size 20 to size 6; by far the best decision I've ever made in my life! I just gave birth to a little boy 6 months ago.
—Rose Y.

I had the surgery 2 years ago and lost 235 pounds. My biggest fear was how it would affect my marriage. All we read about the surgery said that our marriage would be heading to an end after the weight loss. Well I am happy to say that my marriage and family life is stronger than ever and now I can be the husband and father that my family had been missing when I was 485 pounds.
—Richard H.

What scared me the most was that I felt I was finally taking control of my life: that I was worth doing this. That everything was going to change after the surgery. That was a huge obstacle for me. It's been over 8 years. And I feel like Barix not only saved my life, but taught me I was worth having this life.
—Barbara R.

ATTENDING A CONSULTATION

Atending a consultation with a bariatric surgeon is an essential part of gathering information and having questions answered. At Barix Clinics, most people attend a small group consultation during which the surgeon explains the different procedures, complication risks, and new eating and lifestyle habits that support a healthy weight. Immediately after the group presentation, an individual consultation with the surgeon provides an opportunity for a private review of your medical history and answers to your questions. The surgeon will help you determine if weight loss surgery is appropriate for you at this time and which procedure will best meet your individual needs. The surgeon may recommend some additional testing prior to surgery.



INSURANCE APPROVAL PROCESS

Once you and the surgeon have made the decision to move forward with weight loss surgery, the insurance approval process begins. At Barix Clinics, a highly experienced insurance representative will walk you through any specific requirements of your insurance company. They will do a lot of the legwork for you and advise you throughout the process.

PRE-ADMISSION TESTING

After you have fulfilled the insurance company requirements and obtained any diagnostic testing needed, you will be scheduled for pre-admission testing and for surgery. Pre-admission testing usually occurs a week or two prior to your surgery. Pre-admission testing fulfills several purposes:

- To insure that you are physically ready to undergo surgery.
- To provide education about what you can expect with the surgery.
- To provide you with an opportunity to meet with the nutritionist and receive counseling about what and how to eat after surgery. You will receive the 130 page book, Barix Clinics' Guide to Good Health, at this time.
- To insure that you have all of your questions answered.

Your path to surgery may be short and straight or long and winding, depending upon your individual needs. The staff at Barix Clinics is here to help you get the information you need, work through your emotions and reach a level of comfort with your decision — whether you decide to move forward with surgery or not. To do that, we have developed support features into our program.

BARIX CLINICS SUPPORT FEATURES

- **Support groups** — meet on a monthly basis so you can meet face-to-face with others considering surgery and those who have already been through the process. A list of support groups is found on the Barix Connection website (http://www.barixclinicsstore.com/sitebuildercontent/sitebuilderfiles/sg_list.pdf)
- **Barix Forums** — online forums to connect with other Barix patients. You need to create an account for this feature and it is easy to keep your privacy by selecting a user name that doesn't identify who you are (forum.barixclinics.com).
- **Social Media** — Facebook, Twitter and Pinterest provide access to up-to-date information and the ability to connect with other weight loss surgery patients.
- **The Barix Blog** features regular In the News posts, recipes, success stories and more to keep you up in the world of bariatric surgery (www.barixclinics.com/blog).
- **The Barix Connection** website provides access to information to help you on your journey (www.barixclinicsstore.com).
- **On Track** with Barix is a monthly e-newsletter to keep you on track with a healthful lifestyle.



Introducing the New Barix Blog

Keep up-to-date on the latest obesity and weight loss surgery news and great bariatric friendly recipes.

Share with your friends!
<http://barixclinics.com/blog/>

If you have friends that are interested in weight loss surgery, this is a great blog to share with them.

Recent Blog Posts

Brain's Response to Images of Food Predicts Amount Eaten

Cottage Cheese Dip

Iced Latte

Shrimp Scampi

Move More and Live Longer

Weight Loss Surgery and Diabetes Study

Weight Loss Drug Approved: Qsymia [kyoo-sim- EE-uh]

Strawberry Spinach Salad

Sweet Potato Fries

Tomato Mozzarella Salad





Banana Oat Bars

2 large, very ripe bananas
1 teaspoon vanilla
2 cups rolled oats
1/4 cup pitted, chopped dried dates
1/4 cup chopped nuts — such as walnuts, hazelnuts or pecans
Grated nutmeg or cinnamon

Heat the oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil.

Mash bananas until smooth in a medium mixing bowl. Add vanilla and stir. Add oats and stir. Add remaining ingredients and stir until well mixed. Place mixture in baking dish and press down evenly. Bake for 30 minutes. Cool. Cut into 9 bars and enjoy. Makes 9 servings.

NUTRITION INFORMATION PER SERVING: 128 calories, 3 grams protein, 6 grams fat, 23 grams carbohydrate, 1 mg sodium.



Italian Chicken Salad

1 cup fat-free Italian dressing
2 tablespoons Worcestershire sauce
1 tablespoon lemon juice
1 teaspoon Creole seasoning (optional)
1 lb. boneless, skinless chicken breasts
Mixed salad greens
1 pint cherry tomatoes

Combine the Italian dressing, Worcestershire sauce, lemon juice and Creole seasoning in a medium-size bowl and whisk to blend. Set aside 1/2 cup of the mixture for basting the chicken on the grill.

Place the chicken breasts in a gallon-size zip-lock bag and pour in the remaining marinade. Press the air out of the bag and seal it. Turn the bag to thoroughly coat the chicken, then place it in a bowl and refrigerate it for at least 1 hour, turning it occasionally. Remove the meat from the refrigerator 20 minutes before grilling.

Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot — about 10 to 15 minutes.

Remove the chicken from the bag and discard the marinade. Grill it uncovered, basting with the reserved marinade. Cook the chicken until it is no longer pink inside and has reached an internal temperature of 180 degrees F. Transfer the chicken to a cutting board and let it rest about 5 minutes before thinly slicing crosswise. Serve the chicken over salad greens and cherry tomatoes. Makes 5 servings.

NUTRITION INFORMATION PER SERVING: 203 calories, 30 grams protein, 3 grams fat, 12 grams carbohydrate, 674 mg sodium.

REWARD YOURSELF



This month, you could earn a SPECIAL GIFT for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by August 31, 2012. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. **Call us today for more information!**

SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online (http://www.barixclinicsstore.com/share_your_story.html).

We'd love to hear from you.

QUESTIONS

ABOUT FINANCING
YOUR SURGERY?

Call a Barix Patient
Service Representative
at 800-282-0066

It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Below you will find a post by someone who just had surgery. She realized that many people experience some anxiety prior to surgery and she wanted to reach out and let them know it wasn't that bad. Read her post and then all the positive affirmations she received in return (edited). **If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need (forum.barixclinics.com).**

POSTING

I was just approved for surgery and I am super excited. This has been a very long time coming! I just never thought I would get the ok! I'm waiting to hear from the scheduler who is going to go over my financial portion (gulp!), everything I guess I need to do before the big day and the most important part...the day itself! I really have no idea what to expect at all. So for all you out there who have been through this...any tips? Anything I should do beforehand or anything to avoid?

RESPONSE 1

I know what you mean. I just got a date for my PAT and surgery. Hope you get scheduled soon. Good luck and see you on the other side!

RESPONSE 2

I'm 6 years out plus. The best advice I can give:

- Start looking at your eating issues NOW. Why you overeat, how you deal with stress, emotions, etc. You may want to consider therapy at some point because the head issues are the hardest part of surgery.
- Work to get off the most weight you can your first year out. The first year is CRUCIAL. Set yourself up for success as much as possible.
- Read about all forms of surgery. There isn't just one form.
- Learn, read and research. WLS for Dummies is a MUST-buy first book to get you started. It is a reference for life. Talk to others and learn from their experiences.
- Go low-carb as much as you can. Stay as far away from sugar as you can at least for your first year.

Good luck to you!

RESPONSE 3

I had the gastric sleeve 5 weeks ago. The one thing that I know now is I was really addicted to sugar but after a few weeks of not having it, I don't crave it anymore. The hardest thing for me is trying to mix my diet up so I don't get burned out from the same foods. I feel better each day and I have more energy. Just take it one day at a time. And buy sugar-free popsicles and the fudgesicles — you will enjoy these. Good Luck.

REQUEST a Free Brochure for you or a friend. Call us at 800-282-0066, or log on to www.barixinfo.com