

INTRODUCTION TO BARIATRIC SURGERY

TRANSCRIPT

If after making healthy food choices and increasing your physical activity you still are having trouble losing weight, your healthcare provider may recommend bariatric surgery.

Common types of bariatric surgery include, sleeve gastrectomy, gastric bypass, and gastric banding.

"I called Dr. Peters back up and set up the appointment and we went over the discussion with him and we decided the gastric bypass was best for me."

Not everyone is a candidate for bariatric surgery. You and your healthcare provider will discuss your medical history, health issues, ways you have tried to lose weight in the past and the risks of bariatric surgery.

"Well, prior to the surgery, I had to do about six months of nutrition classes, life skill classes, and during that time, they teach you how to change your life."

"Two and a half years out of the surgery I can kind of eat like almost anything I want, but I eat the right food. I eat protein, vegetables. I could go to a buffet and it wouldn't bother me at all now."

Bariatric surgery is not for everyone. You and your healthcare provider can talk about whether it is right for you.