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Titolo	Bariatric surgery patients : a nutritional guide // Betty Wedman-St. Louis
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ISBN	1-315-35038-6 1-315-38037-4 1-4987-6565-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (218 pages)
Disciplina	613.25
Soggetti	Reducing diets
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Chapter 1. Selling obesity : food as a cheap and legal drug -- Chapter 2. Pathophysiology of obesity -- Chapter 3. Overview of bariatric surgeries -- Chapter 4. Nutrition assessment -- Chapter 5. Setting nutrition goals for bariatric patients -- Chapter 6. Dietary supplements : pre- and post surgery -- Chapter 7. Post-op discharge diets -- Chapter 8. Metabolic concerns and bariatric surgery -- Chapter 9. Pregnancy after bariatric surgery -- Chapter 10. Digestive health -- Chapter 11. Detoxification -- Chapter 12. Lifestyle changes -- Chapter 13. Frequently asked questions.
Sommario/riassunto	"Approximately 65% of our population is overweight and 12% are morbidly obese. This is despite more than 25 years of attempted medical management. Clearly all current efforts have failed to control this enormous problem. Could it be that we have failed to recognize the cause of the disease and therefore have misdirected our efforts?" -- Alfredo Fernandez, MD, FASMBS, Surgeon, Tampa, Florida Reducing obesity through bariatric surgery provides a sustainable weight loss regimen, because it restricts the size of the stomach and limits food intake. However, the surgery limits the amount of nutrients absorbed by the stomach and small intestine. This book provides a comprehensive, practical guide on pre- and post-nutrition

considerations in bariatric patients. It describes surgeries including gastric bypass, lap band, and sleeve; nutrition protocols for surgery patients; pregnancy considerations- pre- and post-surgery; food consumption post-surgery; advancing healthy food intake after surgery; minimizing negative side effects; and recommendations to maintain healthy diet. This nutritional guide provides health care practitioners descriptions and answers to the many questions bariatric surgery patients need to know and ask in support group meetings and individual counseling sessions. The first chapter focuses on Selling Obesity and Food as a Cheap and Legal Drug, outlining how food advertising, portion size increases, and food frauds have contributed to the obesity crisis. New research into gut hormones, microbiome influence on obesity, firmicutes, and histamine are included, as well as pregnancy after bariatric surgery and lifestyle changes--eating, sleep, hydration, stress management--needed for success after surgery. Many health care practitioners will use the Post Op Discharge Diet stages of progression to explain how the patient needs to prepare for their liquid diet and overcome numerous issues like dumping syndrome, hypoglycemia, and alcohol and caffeine consumption. Diet plans for Ketogenic, Mediterranean DASH, Glycemic, and Low FODMAP are included within this book.
