

No.2/May 2011

**MEDIA  
PLANET**

# WEIGHT MANAGEMENT

**3**  
TIPS

## THE HEALTHY WEIGHT LIFESTYLE

**Jillian Michaels** can help you control your weight,  
but only YOU can control your will to do so

PHOTO: JOSEPH PUJAY

**Nutrition  
and exercise**  
The ultimate  
balance



PHOTO: WATCH IT NOW ENTERTAINMENT

**Addressing  
obesity**  
Fighting for a  
leaner future



PHOTO: OBESITY ACTION COALITION

**Bariatric  
surgery**  
What you  
need to know

## CHALLENGES

**Losing or maintaining weight**  
can become more difficult as we age.

TIP

1

WEIGHT  
CONTROL  
BEGINS IN THE  
KITCHEN

# Eat with balance to maintain a healthy weight

**A** less active lifestyle, different eating habits, or natural changes in your body—such as a slowing metabolism—are just a few of the reasons why weight management can become more challenging as the years go by.

## Nutritional balance

Maintaining a healthy weight for your entire life is all about balance, and a few simple guidelines can get you on the right track. Begin by making smart choices from every food group. The best way to get what your body needs is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals from all the MyPyramid food groups.

Visit every part of the grocery store when you are shopping. Look for whole grains from the bakery;

low-fat milk products from the dairy case; lean proteins from the meat/fish/poultry department; and fruits and vegetables from the produce aisles, especially beans and legumes if you want to emphasize a plant-based diet.

With all of the food groups included, portion control is the next important step in balancing your eating plan. A good guide is to use half of your plate for vegetables, a quarter for grains and a quarter for lean meat or protein. When dining out, order the small size value meals, consider splitting entrees or take half of your order home for a later meal.

## Eating in moderation

Eating right with balance also means moderation, not elimination. The biggest nutrition problem for most Americans is posed by foods and drinks high in fats and added sugars, like many snack foods, candies and sugar-sweetened beverages.



**Judith Rodriguez, PhD, RD, FADA, LDN**  
President, American Dietetic Association

“Maintaining a healthy weight for your entire life is all about balance, and a few simple guidelines can get you on the right track.”

ages. Get the most from your foods by choosing those that have the most nutritional value and by limiting your empty-calorie choices to special occasions.

## Get active

Finally, balance food and physical activity. Most of us take in more calories than we spend on our daily activities. So, finding a healthier balance means fitting more activity into your day. You should get at least 30 minutes of moderate to vigorous activity each day. And while you may need longer or more intense activities to reach your healthy weight, you can always break these activities into smaller time groups to better fit your schedule.

A registered dietitian can help you develop an eating and physical activity plan that is right for you. Visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org) today to find an RD in your area.



## WE RECOMMEND



**Jennifer Galardi**, celebrity nutritionist and fitness expert, gives advice on living a balanced lifestyle with nutrition and exercise.

PAGE 5

“You must use more energy than you consume. Simply put, you must burn more calories than you ingest.”

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## BON VOYAGE, JETSETTER!

On June 15th, just in time for summer, one of our Facebook fans will be chosen at random to win a \$500 gift certificate to the airline of his or her choice!

INSIGHT



**MAKING A DIFFERENCE**  
The OAC hosts local "Walk for Obesity" events to promote prevention, education, research and treatment.  
PHOTO: OBESITY ACTION COALITION



## What is the cost of being obese in America?

There's no question that excess weight takes a toll on health. And new research from the STOP Obesity Alliance research team at The George Washington University shows that obesity is a heavy burden on our wallets, too.

The results from the study, "A Heavy Burden: The Individual Costs of Being Overweight and Obese in the United States" showed:

- Overall, the annual additional costs of being obese (BMI over 30) are \$4,879 for an obese woman and \$2,646 for an obese man. The costs of being overweight (BMI 25-30) are \$524 for women and \$432 for men.
- When considering the value of life lost (a calculation used to convert shortened life span into a dollar value), these costs are a stunning \$8,365 for obese women and \$6,518 for obese men.
- The costs for obese individuals are 15 times higher than costs for overweight individuals.
- For obese women, the costs are more than nine times higher than those for overweight women. And with obese men, the costs are six times greater than for overweight men.

For those of us struggling with obesity, this research shows that even modest weight loss can have a very big return on investment - both in our health and in our wallets. Read more of the research at: [www.stopobesityalliance.org](http://www.stopobesityalliance.org).

**CHRISTINE C. FERGUSON, JD**  
Director, STOP Obesity Alliance  
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# Obesity: The next epidemic

**More than 93 million Americans are affected by one of the largest and fastest growing epidemics of all time—obesity.**



**Joe Nadglowski**  
President and CEO,  
Obesity Action  
Coalition (OAC)

Today, one in three Americans is obese, one in 20 is morbidly obese and one out of three children is affected by childhood obesity.

As a result of obesity in children, it is estimated that this generation of young people will be the first expected to not live as long as their parents, and for children born in the year 2000, the lifetime risk of developing diabetes is estimated to be 30 percent in girls and 40 percent in boys.

Even with obesity affecting millions, those affected still face a multitude of obstacles, such as difficulty accessing care, weight stigma and much more. The Obesity Action Coalition (OAC) exists to help those affected combat all of these obstacles and much more. The mission of the OAC is to elevate and empower those affected by obesity through education, advocacy and support.

**Importance of education**  
Educating the public about

obesity is extremely important due to the fact that many Americans do not even realize they're obese until they are diagnosed with a comorbid condition, such as hypertension or diabetes. In an effort to raise obesity awareness, the OAC has launched a national weight and health awareness campaign, titled Your Weight Matters. You can learn more by visiting [www.yourweightmatters.org](http://www.yourweightmatters.org).

In addition to education, the OAC also advocates for access to treatment for those affected. Access to treatment is very difficult

for the obese. Most insurers do not provide coverage for life-saving treatment options, such as weight-loss surgery. As a result, those affected by morbid obesity and qualified candidates for weight-loss surgery often go untreated and experience a diminished quality of life and health. The OAC feels it is vitally important to advocate for change in access to treatment. If more insurers provided coverage for obesity management services, Americans would have a better opportunity to take control of their weight and manage their overall health.

### The need to eradicate stigmas

One of the most emotionally debilitating aspects of obesity is weight stigma. Weight stigma is one of the

last acceptable forms of discrimination. Obese individuals are often the targets of stigma at work, in health-care settings and in pop culture. Even children affected by obesity often find themselves stigmatized for their weight. In 40 percent of children's movies, at least one obese character is disliked, and in over half of children's movies, an obese character is shown thinking about or eating food. In some cases, weight stigma can be more damaging to a person's health than the physical effects of obesity. It is the goal of the OAC to eliminate weight stigma from society.

Whether we are combating weight stigma, educating the public or advocating for access to treatment, the OAC continually represents all those affected by obesity. Learn more about the OAC at [www.obesityaction.org](http://www.obesityaction.org). We invite you to join our Coalition and be a part of it!

### BEST TIPS

#### Reduce diabetes

- 1 Almost 90 percent of Roux-Y gastric bypass patients are free from diabetes one year after surgery as long as a healthy body weight is maintained.

#### Over 30

- 2 Risk of developing heart failure is twice as high in individuals with a BMI greater than 30, compared to non-obese individuals.



## INSIGHT

**Question:** According to health and wellness expert Jillian Michaels, how does one lose weight successfully?

**Answer:** By understanding the problem with awareness, support, diligence and courage.

TIP

2

TAKE A MENTAL  
INVENTORY OF  
YOUR EATING  
HABITS

# The psychology of weight loss

**The psychology of weight loss is the missing component to why so many people either believe they “can’t lose weight” or why they lose weight, but can’t keep it off.**

Food, for many, is a coping mechanism that can become self-destructive just like any other coping mechanism ranging from alcohol to overspending. The question becomes “When does stress-eating and emotional-eating go from a candy bar at snack time to actively hindering the quality of your physical and emotional life?”

The answer is one only you have. The truth is, no matter how shut down or numbed out we can become, we all know

when we are doing something bad for us. We know when we are spending money we don’t have. We know when we are eating something we shouldn’t. So the real question becomes *why* are we doing those things, and this is where the road to healing really starts.

## Understanding the problem

Throughout my life, I have taught many how to count calories and do crunches. And while education is a critical piece of accomplishing any goal, if that person doesn’t understand the underlying issues that are driving them to overeat, then they are doomed to repeat that pattern in perpetuity.

Recognizing you have a problem is hard, but understanding why you have



“There is no magic overnight cure for this issue.”

the problem is even harder. For this reason, in most cases, people stuff their feelings down, go into denial and feed their deeper “hunger” unconsciously with food. Going about this journey of self discovery can be done in many ways. You can get a therapist, you can join a support group like Overeaters Anonymous, you can become a member of an online community and so on, but if you ever want to truly heal and progress in any aspect of your life, you have to get to the bottom of what the weight is affording you. It could be comfort, control, love, rebellion, self sabotage, and the list goes on.

There is no magic overnight cure for this issue. It isn’t about waking up inspired one day and in a moment of positivism reversing all the unhealthy

and unhappy thoughts in your head. The reality of transformation is that it’s a timely process that comes with awareness, support, diligence and courage. The tools are out there for you, so the question becomes “when are you going to say enough is enough and utilize them?”

## For more information

For more great tools and motivation for making a change be sure to read Jillian’s new book, “Unlimited: How to Build an Exceptional Life,” available now wherever books are sold.

**JILLIAN MICHAELS**

Health and Wellness Expert  
editorial@mediaplanet.com

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**Rami Lutfi, M.D., F.A.C.S.**

Vice President, Illinois Association of Bariatric Surgery  
Clinical Assistant Professor, University of Illinois at Chicago

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INSIGHT

The key to weight loss is mathematically simple: ENERGY IN (measured in calories) minus ENERGY OUT (exercise/movement) = **WEIGHT LOSS.**

# Finding your balance

**Y**ou must use more energy than you consume. Simply put, you must burn more calories than you ingest.

A balance between the two components of weight loss is best for effective, long-term weight loss, good health and vitality.

Cardiovascular activity is the quickest way to turn your body into a calorie-torching machine. This includes any activity that raises your heart rate above its normal resting rate. The more intense the activity, the more calories you'll burn. Find something you enjoy doing, and try not to worry about specific numbers. Just get moving and the weight will start to come off.

### Pay attention to your food

However, unless you want to run a marathon every day, what you put in your mouth every day is KEY. One of my favorite authors, Michael Pollan, says it best: "Eat Food. Not Too Much. Mostly Plants."

If you are eating too much, pay attention to how you eat and why you are eating. Are you really hungry? Are you using food to numb feelings? And when you do eat, try to limit food that comes out of a box. Unprocessed food that comes from the source, Mother



**Jennifer Galardi**  
Celebrity Nutritionist and Fitness Expert

Earth, provides vital nutrients with the least amount of calories. Begin to replace one ingredient of each meal with something colorful (think spinach, kale, peppers, berries, tomatoes, etc.)! This will not only lead to weight loss, but a myriad of other health benefits such

as increased energy, better sleep, clearer skin, and improved eyesight. And don't forget to take your vitamins! I take a daily supplement with 10 mg of FloraGLO lutein to keep my eyes healthy and my skin looking its best.

**M o d i f y b o t h p i e c e s o f t h e e q u a t i o n** simultaneously and you will set yourself up for not only immediate, but long-term success.

*Jennifer Galardi is the star of numerous dance and fitness DVD's and teaches classes across the country. She most recently collaborated with Kim Kardashian on a workout program called "Fit In Your Jeans By Friday." She is also a paid FloraGLO Spokesperson.*



PHOTOS: CORY SOHENSEN

 **Check out our Facebook page to see a video of Jennifer Galardi working out with Kim Kardashian!**  
[www.facebook.com/MediaplanetUSA](http://www.facebook.com/MediaplanetUSA)



## CHOOSE MOVEMENT VERSUS EXERCISE

**Running, jumping, skipping and laughing... all activities you may have done as a child.**



**Rochelle Rice, MA**  
Fitness Specialist for Plus-Size Women; President, In Fitness & In Health

But as you got serious in adulthood or mobility became an issue, these activities may have been pushed aside. Keep in mind that a variety of movement is essential to maintaining an active lifestyle and sustaining healthy numbers (A1c, BP, HDL, etc). You may find yourself getting stuck in an exercise rut. The treadmill may be boring, the exercise is same old, same old, or your body has stopped producing results. It is essential to create a "Buffet of Movement" to avoid burnout and boredom.

Shift your paradigm to movement in order to embrace all that is around you. The word "exercise" seems to conjure up a "pay your dues" mentality and may not necessarily have a pleasant feeling associated with it. The word "movement" creates possibilities. It opens up more choices and options. You are always moving your body.

### Be present to your activity

Many of us disconnect completely from movement and use it only as an option to get from one location to another or to accomplish an activity. You may have a thousand things on your mind you are trying to check off your "To Do" list. By connecting and being present to your activity, you can monitor breath, actively decrease stress, improve the efficiency of the movement by as much as 50 percent and make a solid body-mind connection for long term health.

Walking (treadmill), climbing stairs in your home or public transportation (Stair Master), carrying children or groceries (kettle bells), or even sitting down or standing up (modified squat) are

all examples of traditional exercise. The question now becomes what type of movement does your body want to do today? Let it come from your body and not from your head. You will still have to be strong in your mind to make sure you do move each day, but the movement should be pleasurable and add up to a minimum of 30 minutes most days.

While weight loss may be a by-product of a movement program, there are many unseen benefits that will keep you engaged for a lifetime. The benefits include:

- An increase in self-esteem and self-confidence based on the muscle use and connection to breath.
- An increase in mobility and ability to move through space easier based on the physical self-awareness.
- A pleasurable experience associated with moving your body.

Two things to keep in mind while you are trying to move:

### Breathe

■ Easy to say, not so easy to master. If you feel challenged, focus on your exhale to get you started. As you inhale, allow the abdomen to rise. As you exhale, allow the abdominal muscles to draw up and in—navel to the spine.

### Feet to the earth

■ Try and bring your awareness to your feet and the connection to the earth. This should help slow down the zaniness of your mind and bring your focus a bit more to your body.

## NEWS



## QUESTIONS AND ANSWERS



**Jonathan A. Myers, MD**  
Medical Director,  
DayOne Health,  
Chicago

### Pre: I think bariatric surgery may be right for me. How can I learn more?

A good start is to find an experienced, comprehensive bariatric program, ideally with Center of Excellence status. That program will provide a well qualified surgeon and caring support staff. Review the website, talk with patient advocates and review an online seminar, if available. Once this is complete, make an appointment with the surgeon to see if you are a candidate for surgery and what options are available.

### Surgery: How do I know which surgery is right for me?

The most important step in selecting a bariatric procedure is getting all of the information you need about the various surgical options. A qualified bariatric surgeon should answer your ques-

tions clearly and explain the exact details of the procedure, the extent of the recovery period and the reality of the follow-up care that will be required.

There are a variety of weight loss operations available. The most common procedures currently performed are the adjustable gastric band, gastric bypass, and sleeve gastrectomy. Each procedure carries a different level of risk of complications and range of expected weight loss. Your surgeon would be happy to discuss your options with you.

### Post: What is the toughest obstacle post surgery?

Weight loss surgery is only a tool. It can be a very effective tool for long-term weight loss, but each patient's ultimate success depends on their true commitment to the recommended dietary and lifestyle changes post-op. To help patients achieve their goals and deal with the changes surgery and weight loss can bring, the best bariatric programs offer long-term follow-up care that includes support groups, dietitians and other forms of continuing education.

The most common procedures currently performed are the adjustable gastric band, gastric bypass, and sleeve gastrectomy.

# THE FUTURE IS NOW

## Almost one half of all Americans are struggling with their weight.

Nearly 20 million are in a life or death battle with severe obesity and countless millions are on the precipice. Research strongly suggests that fear and lack of information are the main reasons that many severely overweight patients don't consider bariatric surgery as an option. I want to make one thing clear, for those who need it, bariatric surgery has never been safer and the benefits are nothing short of astounding.

One of the most exciting new tools that will improve a surgeon's ability to offer safe bariatric surgery, even in the most difficult cases, is the da Vinci robot. While laparoscopic surgery has advanced the field of bariatric surgery rapidly over the last 10 years providing surgeons with improved visualization and less trauma to the patient, laparoscopic technology has reached its potential. The da Vinci robot represents the next technological leap over laparoscopy and promises to provide surgeons with the ability to dramatically expand their minimally invasive surgical toolkit, and truly help more patients!

### How it works

Robotic surgery may best be thought of as robotic-assisted surgery. Imagine a surgeon with

“For those who need it, bariatric surgery has never been safer and the benefits are nothing short of astounding.”

super-human abilities. The bariatric surgeon sits at a console (think “big video game”) only steps away from the patient. From the console, the surgeon works virtually, manipulating four arms of a highly sophisticated robot through small incisions in the patient. The robotic arms translate the movement of the surgeon's hands into digitally precise movements inside the patient. The robot gives the surgeon's hands 40 percent more dexterity, allowing for the consistent placement of sutures at angles never before achieved with the human hand.

As if that were not enough, when operating with the surgical robot, the surgeon is able to see in three dimensions and to do so at 10 times

magnification. This happens as a result of a one-of-a-kind, super-high definition 3-D computer-controlled camera that grants surgeons access to hard-to-reach areas of the body with better vision control and overall visualization than ever before. Just think about it—when a surgeon can see better and operate more precisely, can a reduction in complications be far behind?

### A plethora of benefits

The technical challenges of the past are being relegated to the history books. Not only will robotic assisted surgery benefit routine bariatric patients, it will benefit high BMI patients (greater than 60 BMI) and patients who have had previous bariatric surgery.

Increased dexterity, digital precision, and superior visualization all in one, the future is now, and the potential for further innovation is unlimited. In fact, it has never been a more exciting time to be a bariatric surgeon, chiefly because robotic-assisted bariatric surgery promises to improve the safety profile and reduce the invasiveness of bariatric surgical procedures across the board.

### JOSEPH J. COLELLA, MD, FACS

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TIP

3

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NEWS

# Life after bariatric surgery

**For most bariatric surgery patients, says Obesity Action Coalition spokesman James Zervios, the trip to the surgery room is not the end of the battle to regain their health, but the beginning.**

“Regular follow up with your physicians and hospital is absolutely essential to long term success with any gastric procedure,” says Zervios, “from dealing with food addiction and temptation through joining and attending support groups.”

The Obesity Action Coalition works with patients who have had gastric bypass surgery and are in the process of changing their lives to ensure long-term success. Zervios suggest a few guidelines for patients hoping to turn gastric surgery into dramatic healthy weight loss and weight maintenance.

**Focus on nutrition**

“It goes without saying that after surgery, patients need to work with a nutritionist to change the foods that they eat. If a post-operative patient goes to eat a big piece of chocolate cake, for example, things are not going to go well. With the change of how they consume and process foods, they also need to work with their doctor to assure they are receiving the right nutrients.”



PHOTO: ISTOCKPHOTO.COM

**Develop and follow an exercise program**

“Most of the people who undergo these processes are morbidly obese and lead a sedentary lifestyle. It’s very important that they get up and get their muscles and bones going,” says Zervios.

Working with an exercise physiologist is a key component to success, as is being open and honest about physical limitations in the early post-operative stages.

**Address the deeper issues**

“When you look at someone who is morbidly obese, with the rare exception of those

who have something completely genetic going on, there is typically some sort of larger psychological root cause to some of the poor eating habits,” says Zervios.

“Many women, for example, who were molested or abused as children may eat so that they will get bigger and fatter and become less likely to be touched. Maybe they were in an abusive relationship. Psychology is key to food addiction, and unless the root causes are addressed, a gastric bypass might not change that.”

**RICHARD SHARP**

editorial@mediaplanet.com

**Important LAP-BAND® System Safety Information**

**INDICATIONS:** The LAP-BAND® System is indicated for weight reduction for patients with obesity, with a Body Mass Index (BMI) of at least 40 kg/m<sup>2</sup> or a BMI of at least 30 kg/m<sup>2</sup> with one or more obesity related comorbid conditions.

It is indicated for use in adult patients who have failed more conservative weight reduction alternatives, such as supervised diet, exercise and behavior modification programs. Patients who elect to have this surgery must make the commitment to accept significant changes in their eating habits for the rest of their lives.

**CONTRAINDICATIONS:** The LAP-BAND® System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

**WARNINGS:** The LAP-BAND® System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands. Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

**ADVERSE EVENTS:** Placement of the LAP-BAND® System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient’s ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

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**QUESTIONS AND ANSWERS**



**Dr. Rami Lutfi, MD**  
 Saint Joseph Hospital, Chicago;  
 Vice President, Illinois Association of Bariatric Surgery

**What is the most important thing for bariatric surgery patients to know?**

**Q** Surgery is a tool, not a quick fix. To be successful, you have to make lifestyle changes: eating less and doing 30-45 minutes of real exercise a day—walking doesn’t count! It takes dedication and support. I have a psychologist and dietician on my team

to help patients stick with it, but they also need family support. If a woman is tempted by the chips and snacks her kids eat, or if her husband discourages her, it’ll be a lot harder for her to keep the weight off.

**How can patients make it easier on themselves?**

**Q** Studies show people who eat from smaller plates and bowls feel full faster and eat less, so the best thing you can do is to get rid of huge place settings! Also, many patients have knee problems or bad backs, and that makes exercise difficult. For them, I suggest water aerobics or anything in

the water that takes the weight off.

**Do the benefits outweigh the challenges?**

**Q** Absolutely! The health benefits alone—cholesterol and blood pressure drop, sleep apnea decreases, diabetes becomes more manageable—those are worth it by themselves. But then patients also have more energy, they love that they can shop in regular stores, and the sex drive goes up which can improve relationships. It really changes your life.

**MELANIE ABRAHAMS**

editorial@mediaplanet.com

Michael Sagnibene  
lost 120 lbs.  
Results may vary

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- Minimally invasive — no stomach stapling like gastric bypass.<sup>6,7</sup>
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**PLEASE SEE IMPORTANT SAFETY INFORMATION ON ADJACENT PAGE.**

LAP-BAND<sup>®</sup> is not for those who are pregnant or who have autoimmune or organ diseases. Reoperation, removal and fatalities are rare. Band slippage, stomach injury, vomiting and heartburn may occur.

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