

Weight Loss Surgery Education

Palmyra Surgical Gastric Band Surgery Specialists

Name: _____



Education Assessment

This assessment will guide you through our education modules to help you develop a better understanding of weight loss surgery. Please print this assessment before you watch our education program and use it to take notes. At your next appointment, bring the assessment so that we can discuss your answers and any remaining questions you may have.

Please fill in the blanks below as you watch our education program.

Introduction

1. About _____ of American adults are overweight or obese. [1:19]
2. As we get older, our _____ slows down. [1:24]
3. _____ is a measure of body fat used to calculate the health risks of obesity. [2:29]
4. The three primary factors of obesity are diet, physical activity and _____. [3:25]
5. In our society, we are completely surrounded by _____. [5:01]
6. Our society has become much less _____ due to things like escalators, elevators and riding lawn mowers. [5:53]

Notes:



Weight Loss Surgery Education

Palmyra Surgical Gastric Band Surgery Specialists

Name: _____



Weight Loss Options

1. _____ can be used to suppress appetite, but weight usually returns when you stop taking them. [1:00]
2. _____ is the most successful option for long-term weight loss. [1:50]
3. The LAP-BAND is the most frequently used _____ in the United States. [2:33]
4. Unlike other weight loss surgeries, the LAP-BAND can be _____ to return the digestive system to its original state. [2:55]
5. _____ surgery cuts the stomach into a smaller pouch and reroutes the intestines. [3:34]
6. About 80 percent of the stomach is permanently removed during _____ resection surgery. [5:28]

Notes:



Weight Loss Surgery Education

Palmyra Surgical Gastric Band Surgery Specialists

Name: _____



LAP-BAND Surgery

1. The LAP-BAND creates a small _____ in the upper stomach. [0:45]
2. The LAP-BAND can be _____ as needs change over time to ensure the best results. [1:25]
3. Saline can be is injected to or removed from the LAP-BAND through the _____ during adjustments. [1:52]
4. You will receive _____ free LAP-BAND adjustments each year. [3:05]
5. Most people need _____ adjustments per year for optimal weight loss. [3:11]
6. The band is in the _____ zone when it is properly adjusted. [3:53]
7. If you are hungry between meals, need to eat more to feel satisfied and are not losing weight, the band may be in the _____ zone and should be tightened. [4:10]
8. If eating causes discomfort, nausea or vomiting, the band may be in the _____ zone and should be loosened. [4:14]
9. _____ is a complication that occurs when the stomach moves up through the band. [5:21]

Notes:



Weight Loss Surgery Education

Palmyra Surgical Gastric Band Surgery Specialists

Name: _____



LAP-BAND Results

1. The average excess weight loss within 5 years of LAP-BAND surgery is ___ percent. [0:10]
2. On average, LAP-BAND patients lose ___ inches from the hips and waist in the first year. [0:18]
3. Weight loss surgery can put type 2 diabetes into remission in ___ percent of cases. [2:11]
4. LAP-BAND has a ___ percent cure rate for sleep apnea. [3:28]
5. ___ percent of LAP-BAND patients will be able to stop all high blood pressure medications. [3:43]
6. In ___ percent of LAP-BAND patients, issues with acid reflux will be resolved. [4:15]
7. Acid reflux is sometimes caused by a hiatal _____, which can be repaired during the LAP-BAND operation. [4:44]
8. LAP-BAND patients can expect to lose about ___ to ___ pounds per week and ___ to ___ pounds per month. [5:44]

Notes:

