

# The Complete Weight-Loss Surgery Guide & Diet Program

Includes 150 Delicious & Nutritious Recipes

This comprehensive yet accessible book provides the most recent expert information on the weight-loss surgical procedures (also known as bariatric surgery) available today, as well as on obesity, obesity-related problems and standard treatments. And because the key to success is making positive lifestyle changes, you'll also learn how to conquer the challenges you might face after surgery and how to develop successful strategies for healthy, mindful eating and active living.

Learning the risks and benefits of the various weight-loss surgeries will help you make the achievable and sustainable choice that's right for you. Here you'll find extensive information on:

- Roux-en-Y Gastric Bypass
- Adjustable Gastric Band (LAGB)
- Vertical Sleeve Gastrectomy (VSG)

## Everything You Need to Know for Bariatric Surgery

Every detail is covered in a current, complete and easy-to-understand fashion, from the surgery itself to your nutritional needs before and after surgery to the lifestyle changes required for positive results. Also included are recipes created to meet your needs after surgery.

Try recipes for nutritious foods, including **Breakfasts • Soups • Salads  
Meat and Poultry • Fish and Seafood • Vegetarian and Vegan Entrées  
Pasta, Rice and Grains • Side Dishes • Snacks • Desserts • Beverages**

**SUE EKSERCI, RD**, is an outpatient registered dietitian for the Bariatric Program at Humber River Regional Hospital. She is committed to teaching patients to effectively incorporate healthy and mindful eating into their lifestyles.

**DR. LAZ KLEIN, MD**, is a faculty member of the University of Toronto's Minimally Invasive Surgery Fellowship training program. He is also an Assistant Professor in the Department of Surgery. He is primarily interested in the application of minimally invasive techniques to intra-abdominal pathology.

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Robert  
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