

Long Term Habits of Successful Gastric Bypass Patients

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http://www.surgery-for-obesity.com/successful_habits.htm

The first postoperative year is a critical time that must be dedica

The success of weight loss surgical procedures is most commonly def
permanent solution?" and "What can I do to insure my lifelong succe

Eating

Successful patients ate three well-balanced meals and snacks maximu
of fruit, two servings of bread/starches, and two servings of sweet

Drinking

Successful patients drank water and did not drink carbonated bevera

Carbonated beverages may be detrimental to the long-term success of

Carbonation: When the cold beverage is consumed, it warms and relea
of the anastomosis.

Caloric intake:

Many carbonated beverages are high in calories, are
low in nutritional value, and contain simple sugars. Not only do th

Caffeine:

Many carbonated beverages contain caffeine, an appetite stimulant,

Vitamins and Supplements

Successful patients took daily multiple vitamins, calcium, and iron
continued to take supplemental iron, such as Trinsicon or Chromagen

Exercising

Successful patients exercised regularly to maintain their weight; 7

Sleeping

Successful patients slept 7 hours per night on the average, and 76%

Personal Responsibility

Successful patients took personal responsibility for staying in control. Personal responsibility was a tool that they used to reach and maintain a healthy weight. Personal responsibility was a tool that they used to reach and maintain a healthy weight. Personal responsibility was a tool that they used to reach and maintain a healthy weight.

Patients NOT successful lacked at least one or more of the six success factors.

Conclusion:

The first postoperative year is a critical time that must be dedicated to weight control.

To be successful after a gastric bypass, you must eat three well-balanced meals per day.

Weight control is your own personal responsibility.