

# Bariatric Surgery: Your *Journey* to Better Health

Preparation for bariatric weight loss surgery is a time to focus on making healthy lifestyle adjustments. Adopting a healthy Very Low Calorie Diet (VLCD) program can provide the benefits of significant weight loss, decreased co-existing conditions, reduced liver size, and improved nutritional status. These life changing modifications reduce the risk of surgical complications and promote a quicker recovery. Additionally, this program will prepare your mind and body for the essential dietary and behavior changes that will be necessary following surgery and for life.



**NEW DIRECTION<sup>®</sup>**  
WEIGHT MANAGEMENT SYSTEM

# Frequently Asked Questions

## What is a VLCD?

A VLCD (Very Low Calorie Diet) program is an eight hundred calorie diet used to maximize weight loss.

## Why should I follow a VLCD prior to bariatric surgery?

*Weight loss.* A VLCD delivers rapid weight loss—typically, four to seven pounds the first week and three pounds in the subsequent weeks—which enables the surgeon to more easily access your internal abdomen area.<sup>1</sup> It also begins to prepare you for post-surgical lifestyle changes.

*Reduces co-existing conditions.* Medical conditions such as type 2 diabetes, cardiovascular disease and hypertension can cause surgical risks. If you suffer from one of these ailments and you participate in a VLCD, with 5-10% reduction in your weight, you could experience dramatic health improvements including a reduction in blood glucose, blood pressure, and cholesterol.<sup>2</sup>

*Improves nutrition status.* Many overweight individuals are found to be deficient in certain vitamins and minerals. Since a VLCD provides optimal levels of vitamins and minerals, including vitamin D, iron, thiamine, vitamin B<sub>12</sub> and more, it may help to correct a pre-surgery vitamin/mineral deficiency, and better prepare your body for post surgery recovery.<sup>4</sup>

## How long should I follow a VLCD before my surgery?

The time period for following a pre-operative VLCD varies depending on your surgeon's requirements for reduced liver size, loss in body weight, and decreased risk caused by medical conditions. The minimum recommended time frame is two weeks; however, for maximum reduction in liver size and body weight, a maximum of six weeks is recommended.<sup>3</sup>

## How does a VLCD help me post-surgery?

Following a VLCD before surgery will make the transition to a healthy diet and lifestyle easier post-surgery. Adopting a VLCD before surgery will help you to make the permanent diet and lifestyle changes required.

## Is a VLCD safe

Under proper medical supervision, VLCDs produce quick, significant weight loss in patients who are moderately to extremely obese. This type of diet has been in use for several decades and has been endorsed by NIH's Weight-Control Information Network and the American Council on Sports Medicine.

## References

1. T B Chaston and J B Dixon, Factors associated with percent change in visceral versus subcutaneous abdominal fat during weight loss: findings from a systematic review. *International Journal of Obesity* 32, 619–628;2008.
2. Saris, WHM. Very-Low-Calorie diets and sustained weight loss. *Obs Res* 2001;9(4)
3. Colles, SL, Dixon, JB, Marks, P, et al. Preoperative weight loss with a very-low-energy diet: quantification of changes in liver and abdominal fat by serial imaging. *Am J Clin Nutr* 2006;84:304-11.
4. Louis Flancaum M.D., Scott Belsley M.D, Victoria Drake A.N.P, Toni Colarusso M.S., R.D. and Ezekiel Tayler B.S. Preoperative Nutritional Status of Patients Undergoing Roux-en-Y Gastric Bypass for Morbid Obesity. *Journal of Gastrointestinal Surgery* 10(7), 1033-1037, 2006.



# OVERCOME resistance

## Negative, pessimistic, anxious thoughts

**“This will be another fruitless attempt to manage my weight... and I’m scared.”** For most people, talking about fears and concerns to a trusted person can help reduce the intensity of the fear and foster a more realistic perspective about the change process. Social support and aid from helpful others are powerful allies for overcoming these thoughts.

## Lacking necessary skills or knowledge

**“I don’t know how to exercise... I’ll never be able to do this program.”** Seeking out needed information and acquiring necessary skills can help you to face this challenge. This medical weight loss program is designed to provide you with both the knowledge and skills necessary for successful weight management.

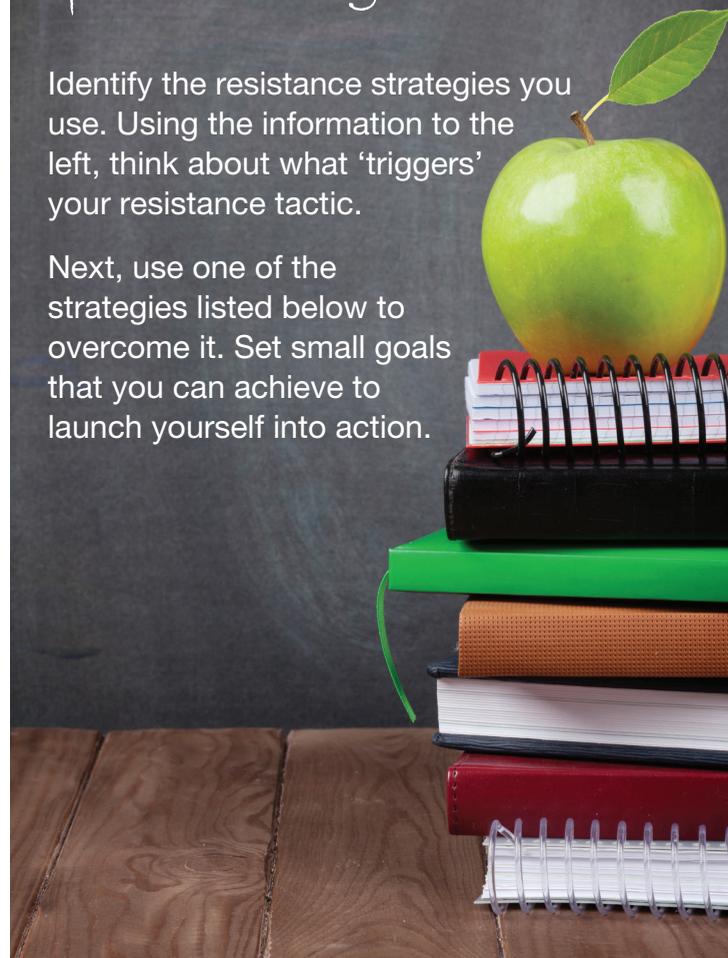
## Payoffs for unhealthy behaviors

Sometimes, people maintain unhealthy behaviors because there are powerful rewards for doing so—like getting attention from others, immediate gratification of needs, or avoidance of work or stress. For example, eating large amounts of chocolate may take away stressful feelings. Taking an honest look at what you gain from your unhealthy behavior can help you identify your needs and create healthier ways of meeting these needs.

## Your assignment

Identify the resistance strategies you use. Using the information to the left, think about what ‘triggers’ your resistance tactic.

Next, use one of the strategies listed below to overcome it. Set small goals that you can achieve to launch yourself into action.



## Resist Change: Common Strategies

During the change process, you may find there are times when you feel unable to embrace the new challenges—it’s too stressful! Don’t worry... you are not alone! Here are some common tactics we all use to resist changing. Most people have used these tactics at one time or another in their lives. Read each tactic and identify those strategies you have used in the past to resist changing, for example, your eating habits.

### Delay

You forget the things you “really wanted to do.”

*Example: “I really do want to take the low fat cooking class, but I just don’t have time.”*

### Denial

You refuse to acknowledge an event that is apparent to others.

*Example: “I don’t eat a lot of desserts” (you say as you finish your daily éclair at lunch).*

### Rationalizing

You conceal your feelings and actions by creating a set of reassuring explanations.

*Example: “I can’t change how I eat because I have to cook for me.”*

### Avoidance

You behave in ways that prevent you from situations that you perceive as threatening.

*Example: “I’m just too late for my office visit today. I’m not going to go.”*

# Work

— with —

## YOUR FAMILY



### Get out of the kitchen

When possible, ask other members of the family to take a turn at cooking meals. Nothing is more devastating to a diet than “taste as you go” cooking.

### Fill your evenings with people and activities

Do you eat out of boredom? That’s easy to cure. Turn on your favorite music and take a hot bath. Ride your exercise bike while watching your favorite sitcom. The end of a productive day deserves some reward, but it doesn’t have to be a hot fudge sundae.

### Try not to shop for food

...but if you must, read the labels and become more aware of the caloric consequences of the choices you make. When eating out, be demanding. Ask for dressings on the side. Request small portions of lean meats. Ask for a doggie bag. If you can’t resist the rolls and butter, have them removed.

### Get out of the house and away from the fridge

Plan evening walks, bicycle rides, sports-related activities and the like. Changing the focal point of your family time from eating to activity will help everyone rethink their habits, and provide you with company as well!

### Act positively

Moaning and groaning about turning down chocolate cake will not elicit the sought after sympathy from your family. If your family sees that you seem happier, they will be more apt to support you and your new lifestyle.

### Listen to your body

Learning to eat when you’re hungry is difficult. Start by leaving a spoonful of each item untouched at the end of every meal. When food is offered, stop and think. Am I really hungry? Is the item appealing? If the answer to either of these questions is no, then why do I feel pressured to eat?



# Meal Plan

## 800 Calories

4 New Direction Meal Replacement Powders

### PRODUCTS

BREAKFAST	■
LUNCH	■
DINNER	■
EVENING	■

### PRODUCT OPTIONS

- |                                 |                            |
|---------------------------------|----------------------------|
| ■ Chocolate Beverage with Fiber | ■ Vanilla Beverage         |
| ■ Hot Cocoa                     | ■ Lemon Pudding with Fiber |
| ■ Mocha Beverage                | ■ Cheddar Broccoli Soup    |
| ■ Pineapple Apricot Beverage    |                            |

### Instructions:

1. Take meal replacement products at regular intervals (every 2-3 hours). If your schedule interferes with your timing, you may double up and take two supplements together. Be sure to take all the prescribed meal replacements. Your meal replacement products are not just food; they provide essential nutrients that allow you to maintain health while losing weight safely. Follow the mixing instructions provided on the back of each product.
2. Drink at least 8 cups of water or other non-caloric beverage per day. This does not include water used to reconstitute the meal replacements. Other liquids include diet soda, mineral water, decaffeinated tea, decaffeinated coffee, bouillon or other non-carbonated drinks with less than 4 calories per serving.
3. This VLCD meal plan is intended for use only as directed under a physician's supervision.

### Meal Plan Nutritionals

	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Fiber (g)
Breakfast	200	27	14	6	5
Lunch	200	26	9	6	0
Dinner	200	27	14	6	5
Evening	200	26	9	6	0
Total for Day	800	106	46*	24	10

Based on exchanges.

\*Total Carbohydrate includes 10 grams of Dietary Fiber.

Three servings of New Direction will provide 100% of the Daily Value for essential vitamins and minerals.



## Tips for Success

# MOTIVATE *Yourself*

### **Believe that you can succeed**

An “I can do it!” attitude is motivating. Past weight loss attempts may throw you off course, but believing that you will succeed this time can be motivating.

### **Lose weight because it's important to you**

Wanting to lose weight for yourself, rather than for someone else or for a special occasion, increases the likelihood of long-term success. External motivators, like following doctor's orders, pleasing your spouse, or looking good for a special event may work for a while, but when the fear decreases, support subsides or the event is over, the motivation to keep losing weight can fade. Internal motivators, like feeling more energetic or in control of your eating, or liking the way you look and feel as a healthier person, can help you maintain the momentum.

### **Find enjoyment in your weight loss efforts**

If you like the foods you eat, feel good about the activity you do, and can incorporate your new eating and activity habits into your life, your motivation to lose weight will stay strong.

# COPE WITH

## Eating Triggers

People eat for many reasons. The sight or smell of food, time of day, social events and activities, and certain feelings or moods can trigger the urge to eat even when we're not physically hungry.

Eating behaviors often have little to do with physical hunger. For example, you walk into the movie theater and must have popcorn, or every Saturday after your son's baseball game, you stop for ice cream. Here, an event or circumstance becomes the signal to eat instead of hunger.

### What signals you to eat?



The sight or smell of good food is a powerful trigger. Visual cues, like passing by the candy dish in the living room, seeing scrumptious pictures of food in a magazine or on TV, or smelling the aroma of freshly baked bread can tempt you from staying in control.



Certain people trigger eating, since meeting with friends, family or colleagues is often associated with food. Some activities are also a cue to eat. For instance, do you automatically eat when you watch TV, read a book or newspaper, or drive in the car?



The time of day could also signal you to eat. For instance, when the clock strikes noon, you want lunch; at 3:00 PM you head to the vending machine at work. If you eat according to the clock, ask yourself, "Is it physical hunger or habit that's driving me to eat?"

Consider the circumstances that signal your desire for food. By deciding to prevent these visual cues and situations from becoming a reason to eat, you're taking an important step in learning how to handle your food triggers.

*Develop*

**GOOD**

EATING  
HABITS

A person may meet with negative feelings from family members when trying to lose weight. Remember, change can be frightening. Stay focused, get control over your own life and affirm your right to change.

Losing weight for someone else is dangerous physically and emotionally. You must want it. If you're pressured into weight reduction, the chances are good that you'll gain the weight right back. If you feel that you need to be thin to be loved, it's time to reexamine the relationship.