

Love Your Body—Wherever You Are in Your Journey

Sometimes, the changes to your body happen before your mind has a chance to catch up. Other times, the changes to your body don't come as quickly as you'd like. Either way, your emotions and your body confidence can have their ups and downs. Here's how to keep your body image healthy.

“One of the best ways to be comfortable with the rate at which your body changes after LAP-BAND[®] System surgery is to fully participate in the counseling your doctor recommends before surgery,” says Steven Fried, PhD, psychologist and director of the New Pathways Counseling Center in Brooklyn, New York.

“There's nothing better than a patient who attends the orientations and who does his or her homework. Doing so diligently helps you have a realistic set of expectations,” says Dr. Fried. “The people who tend to do best psychologically are those who've gone the extra mile to research and mentally prepare for their procedure.”

What Are Your Measures?

Sometimes, it's a matter of adjusting your measures. “When I see a patient after surgery who's disappointed by his or her rate of weight loss, I ask them how their clothes fit and how they feel physically,” says Christine Ren, MD, associate professor of surgery at New York University Medical Center in New York City. “They might tell me they've just walked to my office from the train station, which they couldn't imagine doing before their surgery. Or maybe they're wearing a dress they haven't worn for years,” she says. “Sometimes weight loss isn't the best way to gauge how well you're doing.”

Whenever you have one of those “wow” moments when your body works as it never did before or something smaller suddenly fits, save the feeling. Use our [online tool](#) to write a letter to yourself about how great it feels, and schedule it to “send” a few weeks (or even months) down the road, when you might need some out-of-the-blue encouragement.

Know When to Call in Backup

Surprises can occur from time to time despite a person's best efforts to prepare in advance. “I've seen middle-aged people who, after having surgery and losing a great deal of weight, have adjustment issues because their obesity prevented them from having normal formative experiences when they were in their late teens and early 20s,” says Dr. Ren. “They may find themselves partying a little too hard, for example.”

“If you feel stuck or disappointed or have other emotional challenges following your procedure, talking it out with a counselor can be helpful,” says Dr. Fried. “Sometimes, people just need an extra session or two to get some perspective on how well they're doing.” Take advantage of one-on-one coaching with the [LAP-BAND[®] Therapeutic Lifestyle Change Program](#), developed by the medical experts at [LAP-BAND[®] System](#). It's a free, personalized 10-week program in a “virtual clinic” setting with 24/7 access.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

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.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.