

Life After LAP-BAND[®]: Peek Inside a Day

If you're wondering what it's like to live with a LAP-BAND[®] System, this is what you need to read. We asked three patients to share what a typical day looks like for them now that they're leaving the weight behind.

You might be very focused on the LAP-BAND[®] System procedure. But have you thought about what life would be like years beyond? Here's a glimpse at how LAP-BAND[®] System patients are living their lives now.

Jessie's Story

Jessie H. Ahroni, PhD, ARNP, bariatric program manager at Northwest Weight Loss Surgery in Everett, WA, and author of *Laparoscopic Adjustable Gastric Banding*.

Age: 61

Had LAP-BAND[®] System surgery in October 1998

Weight lost: 85 pounds

"I don't get on the scale every morning now—or let it dictate if it will be a good or bad day. I don't spend all of my time obsessing about food and my weight anymore, but I do try to eat on a regular schedule and in a similar pattern every day. And I go out to eat all the time. I try to choose really good restaurants. It's important to have high-quality, nutritious foods when you're only eating a little bit at a time.

"I also don't sit and watch TV. When I first had the band, I started going out at night. And I've learned that you have to make an appointment with yourself to exercise or you won't do it. By doing these things, I've been able to keep the weight off for more than 9 years. Several years ago, I needed a new job and it seemed like a natural extension of my passion to join a weight-loss practice. It's a pleasure to help other people successfully lose weight with gastric banding."

Lyn's Story

Lyn Donley, real estate broker in Waynesville, NC

Age: 62

Had LAP-BAND[®] System surgery in August 2006

Weight lost: 120 pounds

"I get up early and work out very diligently five days a week for 45 to 60 minutes. I have a trainer two days a week, and I do cardio for at least half an hour every time I work out—elliptical, walking, treadmill, biking. I'm older, so I really try to vary it to protect my joints.

"In the morning I also talk with my husband about what to have for dinner. With food, I don't leave much to chance. Breakfast is my favorite meal. I love mixing leftover salmon with Greek yogurt instead of mayo, liquid

smoke, and scallions. I'll put it on a rice cracker with a thin slice of cucumber. Then I make my lunch—usually leftovers. I also love to cook so sometimes I'll take soup—always homemade. It's cheap and it's good. I'm cooking more and enjoying food more because there's no guilt involved.

“At night, my husband and I sometimes watch TV. We're vidiots—we TiVo everything—but we're out at least four nights a week. One night I'll do community chorus, another night it's choir, then two nights we go out socially to things like wine dinners. I also enjoy walking my dog around the lake and doing things that were a struggle for me before. I'm much more fearless now about new challenges.”

Kevin's Story

Kevin Bessette, office manager of Fairfield County Bariatrics in New Haven, CT

Age: 25

Had LAP-BAND[®] System surgery in July 2007

Weight lost: 120 pounds

“I eat breakfast now. I never used to. I know it sounds silly that I've added a meal to my day now that I weigh less. I used to skip breakfast and often lunch, too. Then I saw that as an excuse to go home and eat the couch. Now I'm up at 6 AM, and four times a week I go to yoga. I eat breakfast, go to work, eat lunch, and am home by 4. I don't nap anymore after work. Losing weight helped me break the vicious cycle of eating because I was tired and being tired because I was eating. I feel more comfortable throwing myself into social situations, so I go out more. It's interesting to watch people change their minds about you a little bit. There are people who find you attractive who, before, not so much.

“I'm also much more physically active. In winter I'll ski or ice-skate. In summer I might pick up tennis. Before surgery, I didn't think I would bother with exercise. I've been told to exercise all my life but I never did. But after surgery, I was getting a back massage and the therapist told me she was getting certified as a yoga instructor, so I took a 'hot yoga' class and I got hooked on it. Life after LAP-BAND[®] is as normal as you want it to be.”

Be sure to consult with your doctor about your nutrition and exercise plans.

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.