

## What You've Heard About LAP-BAND<sup>®</sup>... Truth or Myth?

*Think you can't afford it? That it will take a long time to get back on your feet? That the weight will just come back? That you'll never be able to eat out again? Here's what you need to know.*

Things related to weight loss seem to attract lots of gossip. The LAP-BAND<sup>®</sup> System is no exception. But we're here to help you separate myth from truth. Some of the common worries you might hear: Gastric banding will leave you with an unsatisfactory diet, a high body weight, or an impossible medical bill. And recovery will take, well, "forever." Here's what the experts and the research have to say about five LAP-BAND<sup>®</sup> myths.

### **Myth: You'll Never Eat in a Restaurant Again**

**Truth: You can eat in virtually any restaurant**—just keep following your LAP-BAND<sup>®</sup> eating strategies. Keep portions small; chew slowly; choose proteins, produce, and perhaps a small helping of a whole grain—that's it! "To avoid being tempted by extra large portions, ask your waiter to have half of your meal boxed to go before it's served," suggests Meredith Urban-Skuro, MS, RD, CDN, consulting dietitian for the book *Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery*. "Ordering appetizers and children's or seniors' portions also helps."

### **Myth: You'll Regain the Weight**

**Truth:** In one 5-year study of 1,250 Australian LAP-BAND<sup>®</sup> patients, average weight loss was substantial—they **lost and kept off 56% of their excess weight**, a level nearly on par with success rates for more invasive weight-loss surgeries.<sup>1</sup> And in a European study that followed 311 LAP-BAND<sup>®</sup> patients for 8 years, average weight loss was 52 pounds.<sup>2</sup> "LAP-BAND<sup>®</sup> is a tool," says Roger de la Torre, MD, of the Midwest Bariatric Center in St. Louis, Missouri. "As long as you eat properly and exercise, you can lose the weight and keep it off."

### **Myth: It's Too Expensive**

**Truth: More and more health insurance companies cover the LAP-BAND<sup>®</sup> System** procedure, and some states have even passed legislation requiring coverage if you meet certain criteria. Some people who have to pay out of pocket opt to use special financing, sometimes available through their doctors, that works like a credit card to spread out payments. "We really try to bring the cost down as much as possible for people who are paying on their own," says Rex Luttrell, MD, of Luttrell Surgical Associates in Little Rock, Arkansas. "At this point, about 50% of insurance carriers cover the procedure. Health insurance companies are slowly coming to see LAP-BAND<sup>®</sup> as a safer alternative to some other forms of weight-loss surgery and so are covering it."

### **Myth: You'll Be on a Liquid Diet Forever**

**Truth: "Our goal is to get them back to regular healthy eating after surgery,"** says Dr. Luttrell. "Right after surgery, we do ask them to follow a liquid diet, which then progresses to a pureed diet and then to a soft diet before going to regular food. It's important to get to regular food because that's what fills the pouch and makes you feel full."

### **Myth: Recovery After Surgery Is Looooong**

**Truth: Most people are back to work within a week!** “Some people want to go back the same day, but we think it’s a smart idea to spend a few days resting and recovering,” says Jessie H. Ahroni, PhD, ARNP, bariatric program manager at Northwest Weight Loss Surgery in Everett, Washington, and author of *Laparoscopic Adjustable Gastric Banding*. “Getting back on your feet afterward is usually so easy that people tell me all the time they can hardly believe they had surgery!”

*Be sure to consult with your doctor about your nutrition plan.*

#### **References:**

- 1 O'Brien PE, Dixon JB. “Lap-Band: Outcomes and Results.” *Journal of Laparoendoscopic & Advanced Surgical Techniques*. 2003 Aug;13(4):265-70.
- 2 Favretti F, Segato G, Ashton D, Busetto L, De Luca M, Mazza M, et al. “Laparoscopic Adjustable Gastric Banding in 1,791 Consecutive Obese Patients: 12-Year Results.” *Obesity Surgery*. 2007 Feb;17(2):168-75.

## IMPORTANT LAP-BAND<sup>®</sup> SYSTEM SAFETY INFORMATION

**Indications:** The LAP-BAND<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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](http://www.Lapband.com), talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

**CAUTION:** Rx only.