

Bariatric Surgery Resources

Helpful Websites:

<http://www.obesityhelp.com>

ObesityHelp, Inc. Making the Journey Together

<http://www.bariatricedge.com/dtcf/pages/home.htm>

Bariatric Edge: Ethicon Endo-Surgery, Inc. A Johnson & Johnson Company

<http://www.weightlossurgeryinfo.com/dtcf/>

Weight Loss Surgery Info (sponsored by the Bariatric Edge)

<http://www.bariatric-surgery.info/>

Bariatric Surgery.info: About Weight Loss Surgery to Reduce Severe Clinical Obesity

<http://www.asbs.org/html/about/patients.html>

American Society for Bariatric Surgery: for patients

<http://www.obesityaction.org/home/index.php>

Obesity Action Coalition

<http://www.obesity.org/>

The American Obesity Association

<http://www.nlm.nih.gov/medlineplus/weightlossurgery.html>

Medline Plus: Weight Loss Surgery

<http://www.bariatricsurgeryfyi.com/>

Bariatric Surgery FYI

<http://bariatriceating.com/>

Web site of bariatric surgery patient and additional links to try various products

<http://home.absurgery.org/>

The American Board of Surgery

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

National Institutes of Health (NIH) Obesity Guidelines

<http://www.eatright.org/>

The American Dietetic Association: Your link to nutrition & health

<http://www.thebandsters.org/>

Lap Band Surgery Information

Blogs and Other Resources:

(**Note:** Some of these are personal blogs, some are more professional. Not all of these bloggers always follow the "rules" given at Johns Hopkins Bayview Medical Center's bariatric surgery program. Some of these folks may not be the best examples; some of their sites are useful, so we've included them here for you).

<http://www.meltingmama.net/>

MM and her husband both had weight loss surgery (WLS) several years ago. Her blog addresses things like regain, post-op reconstructive surgery, vitamins, and she also does a lot of product reviews.

<http://necessarymutilation.com/>

Relatively new post-op. She posts daily about her experiences, beginning when she first started to pursue WLS.

<http://livingafterwls.blogspot.com/>

Blog for Living After WLS site, mentioned above.

<http://www.wslifestyles.com/>

Site for WLS Lifestyles magazine, including blogs and articles

Message Boards/Support Groups:

<http://www.obesityhelp.com>

There are specific boards for different types of surgery (RNY, Lap-Band, DS, etc), as well as one for MD locals, and several others based on commonalities or interests. There is one for people with a starting BMI of over 50, one for African Americans, one for spouses, etc. No registration required to view.

<http://www.dailystrength.org/c/Gastric-Bypass-Surgery/forum>

General WLS support and discussion. No registration required to view.

<http://www.bariatriceating.com/BEsupport/supportgroup.php>

Online live support group chat on Wednesday evenings, plus online logs of past support group meetings.

<http://www.bariatriceating.com/BEsupport/messageboard.php>

General support and info, registration required.

<http://www.thinnertimesforum.com/>

Another WLS discussion board.

<http://www.livingafterwls.com/Recipes.html>

Tons of great recipes.

<http://plusizedbarbie.blogspot.com/>

Even more recipes.

All of the sites below sell sample sizes of protein powders – some have a variety of brands, while others are just one brand. Many of these sites also sell vitamins.

<http://www.vitalady.com/protein.htm>

<https://www.unjury.com/ssl/purchasing.php>

http://www.nashuanutrition.com/store/index.php?target=products&product_id=436

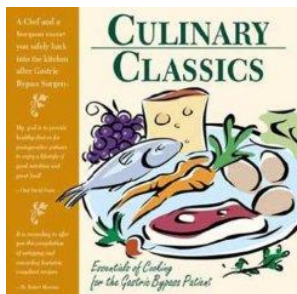
http://www26.netrition.com/netrition_protein_sampler_pack.html

Sampler pack of their 14 most popular proteins for \$17.99

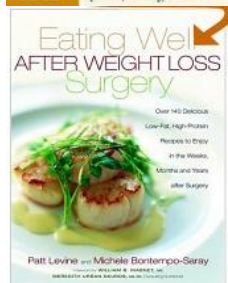
<http://bariatricadvantage.com/catalog/categoryHandler?cat=Bariatric%20Advantage%20%3A%20Sample%20Kits>

Protein and vitamin sample kits.

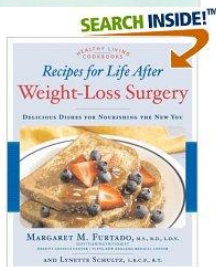
Cookbooks:



Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient
~by David Fouts

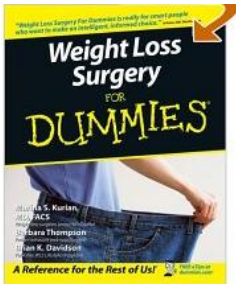


Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat, High-Protein Recipes to Enjoy in the Weeks, Months and Years after Surgery
~by Patt Levine, Michele Bontempo-Saray, William B. Inabnet, MD, & Meredith Urban-Skuros, MS, RD



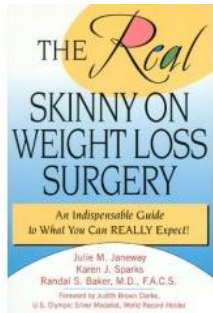
Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You
~ by Margaret Furtado, MS, RD,LDN and Lynette Schultz

General Weight Loss Surgery Books:



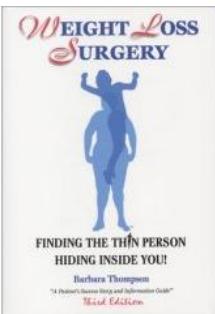
Weight Loss Surgery For Dummies

~by Marina S. Kurian, MD, FACS, Barbara Thompson, Brian K. Davidson



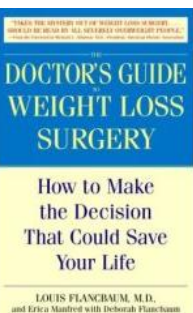
The Real Skinny on Weight Loss Surgery: An Indispensable Guide to What You Can Really Expect!

~by Julie M. Janeway, Karen J. Sparks, Randal S. Baker, MD, FACS



Weight Loss Surgery: Finding the Thin Person Hiding Inside You, Third Edition

~by Barbara Thompson



The Doctor's Guide to Weight Loss Surgery: How to Make the Decision That Could Save Your Life ~by Louis Flancbaum, MD, Deborah Flancbaum, Erica Manfred