

pre op sleeve diet

pre op sleeve diet is a critical component in the preparation for sleeve gastrectomy surgery, designed to optimize surgical outcomes and promote patient safety. This specialized diet focuses on modifying eating habits, reducing liver size, and improving overall health prior to the operation. Patients are often required to follow a strict nutritional regimen that emphasizes lean proteins, limited carbohydrates, and controlled portions. Understanding the guidelines, benefits, and challenges of the pre op sleeve diet can significantly contribute to a smoother surgical experience and faster recovery. This article explores the essential aspects of the pre op sleeve diet, including its purpose, recommended foods, potential pitfalls, and tips for successful adherence. The following sections provide a comprehensive overview to support individuals preparing for sleeve gastrectomy.

- Understanding the Purpose of the Pre Op Sleeve Diet
- Key Components of the Pre Op Sleeve Diet
- Foods to Include and Avoid
- Benefits of Following the Pre Op Sleeve Diet
- Common Challenges and How to Overcome Them
- Tips for Successful Adherence

Understanding the Purpose of the Pre Op Sleeve Diet

The pre op sleeve diet is specifically designed to prepare the body for bariatric surgery by reducing the size of the liver and minimizing fat deposits surrounding the stomach. This preparation is crucial because it allows the surgeon easier access to the stomach, decreasing operative time and reducing the risk of complications. Additionally, the diet helps stabilize blood sugar levels, improve cardiovascular health, and promote initial weight loss, which are all beneficial for surgical safety. Patients who follow the pre op sleeve diet typically experience fewer intraoperative difficulties and a smoother postoperative recovery.

Liver Shrinkage and Surgical Access

One of the primary goals of the pre op sleeve diet is to shrink the liver, which often enlarges due to excess fat accumulation in individuals with obesity. A smaller liver improves the surgeon's ability to visualize and operate on the stomach. This effect is achieved by restricting carbohydrates and calories, prompting the body to use stored fat as energy, including fat within the liver.

Metabolic Stabilization

By adhering to a focused nutritional plan, patients can stabilize blood glucose and reduce inflammation, which are important factors in minimizing surgical risks. The pre op sleeve diet also supports improved cholesterol levels and blood pressure, enhancing overall metabolic health before surgery.

Key Components of the Pre Op Sleeve Diet

The pre op sleeve diet typically emphasizes high-protein, low-carbohydrate, and low-fat foods to promote fat loss and preserve muscle mass. Portion control and meal timing are also critical components to ensure effective weight management and metabolic balance prior to surgery.

High Protein Intake

Protein is a vital nutrient for maintaining muscle mass during preoperative weight loss. It also promotes satiety and supports healing post-surgery. Common sources include lean meats, poultry, fish, eggs, and low-fat dairy products.

Low Carbohydrate and Low Fat

Reducing carbohydrate intake limits insulin spikes and encourages the body to burn fat for energy, which is essential for liver shrinkage. Similarly, limiting dietary fat helps avoid excess calorie consumption while still providing necessary nutrients.

Hydration

Maintaining adequate hydration is crucial during the pre op sleeve diet. Water intake supports metabolism, aids in digestion, and helps reduce hunger cues. Patients are typically encouraged to consume at least 64 ounces of water daily, avoiding sugary beverages.

Foods to Include and Avoid

Clear guidelines on which foods to consume and which to avoid are fundamental to the success of the pre op sleeve diet. This ensures patients receive the appropriate nutrients while effectively reducing caloric intake.

Recommended Foods

- Lean proteins such as chicken breast, turkey, fish, and egg whites
- Non-starchy vegetables including leafy greens, broccoli, cauliflower, and peppers

- Low-fat dairy products like yogurt and cottage cheese
- Healthy fats in limited amounts, such as avocado and nuts
- Water, herbal teas, and clear broths

Foods to Avoid

- High-carbohydrate foods such as bread, pasta, rice, and sugary snacks
- Fried and fatty foods
- Sugary drinks including soda, fruit juices, and energy drinks
- Processed and high-sodium foods
- Alcoholic beverages

Benefits of Following the Pre Op Sleeve Diet

Adhering to the pre op sleeve diet offers multiple benefits that extend beyond the immediate surgical preparation. It enhances patient safety, promotes better surgical outcomes, and initiates healthier lifestyle habits.

Reduced Surgical Risks

By shrinking the liver and reducing visceral fat, the diet lowers the risk of complications such as bleeding, infection, and prolonged surgery. This contributes to a safer operative environment and less stress on the body.

Improved Postoperative Recovery

Patients who follow the diet often experience faster healing, reduced inflammation, and fewer postoperative complications. Early weight loss also supports better long-term weight management after surgery.

Psychological Preparation

The structure and discipline required for the pre op sleeve diet help patients mentally prepare for the lifestyle changes necessary after surgery. This preparation fosters commitment and adherence to postoperative dietary guidelines.

Common Challenges and How to Overcome Them

Despite its benefits, the pre op sleeve diet can be challenging due to its restrictive nature and sudden changes in eating habits. Awareness of common obstacles can help patients successfully navigate this phase.

Hunger and Cravings

Reduced calorie intake often leads to increased hunger and cravings. Strategies such as consuming high-protein snacks, drinking plenty of water, and eating smaller, more frequent meals can help manage these symptoms.

Social and Emotional Factors

Social events and emotional stress can trigger non-compliance. Planning ahead, seeking support from family or support groups, and focusing on long-term goals are effective ways to maintain adherence.

Food Fatigue

Repetitive meals may lead to boredom and decreased motivation. Incorporating a variety of approved foods and experimenting with different seasonings can make the diet more enjoyable.

Tips for Successful Adherence

Following the pre op sleeve diet requires careful planning, discipline, and support. The following tips can facilitate compliance and enhance the overall experience.

1. Plan meals and snacks in advance to avoid impulsive eating.
2. Keep a food diary to monitor intake and identify challenges.
3. Stay hydrated by drinking water consistently throughout the day.
4. Engage with healthcare providers and nutritionists for guidance.
5. Seek emotional support from peers undergoing similar experiences.
6. Focus on the health benefits and surgical goals to stay motivated.

Frequently Asked Questions

What is a pre op sleeve diet?

A pre op sleeve diet is a specific nutrition plan followed before undergoing sleeve gastrectomy surgery to reduce liver size and fat, making the procedure safer and easier.

How long should I follow the pre op sleeve diet?

Typically, the pre op sleeve diet is followed for 1 to 2 weeks before surgery, but the exact duration may vary based on your surgeon's recommendations.

What foods are allowed on a pre op sleeve diet?

The diet usually includes lean proteins, non-starchy vegetables, sugar-free liquids, and low-calorie foods while avoiding high-fat, high-sugar, and high-carbohydrate items.

Why is the pre op sleeve diet important?

It helps shrink the liver and reduce fat around the stomach, which lowers surgical risks and improves the surgeon's ability to access the stomach during the sleeve gastrectomy.

Can I drink water during the pre op sleeve diet?

Yes, drinking plenty of water and other clear, sugar-free liquids is encouraged to stay hydrated and help with digestion before surgery.

Are there any side effects of the pre op sleeve diet?

Some people may experience hunger, fatigue, or irritability due to caloric restriction, but these effects are usually temporary and manageable.

Can I exercise while on the pre op sleeve diet?

Light to moderate exercise is generally safe and can be beneficial, but you should consult your healthcare provider for personalized advice.

What happens if I don't follow the pre op sleeve diet?

Not following the diet can increase surgical risks, such as complications from an enlarged liver, and may lead to cancellation or postponement of the surgery.

Is the pre op sleeve diet the same for everyone?

No, the diet may be customized based on individual health conditions, weight loss goals, and surgeon preferences.

Can I have coffee or tea during the pre op sleeve diet?

Usually, black coffee and unsweetened tea are allowed in moderation, but you should avoid adding sugar, milk, or cream unless your doctor advises otherwise.

Additional Resources

1. *The Pre-Op Sleeve Diet Guide: Preparing Your Body for Surgery*

This comprehensive guide offers practical advice on how to prepare your body for sleeve gastrectomy surgery through diet. It covers essential nutrition tips, meal plans, and recipes designed to optimize your health before the operation. Readers will find strategies to reduce liver size, manage hunger, and boost energy levels for a smoother surgery and recovery.

2. *Eating Right Before Your Sleeve Gastrectomy*

Focused on the critical pre-operative phase, this book provides detailed meal plans and nutritional guidelines tailored specifically for patients preparing for sleeve gastrectomy. It explains the importance of protein, hydration, and vitamins in the weeks leading up to surgery. The book also addresses common challenges such as cravings and emotional eating.

3. *Pre-Surgery Nutrition for Bariatric Patients*

This book delves into the science behind pre-op diets for bariatric surgeries including the sleeve gastrectomy. It offers clear instructions on what to eat and what to avoid to ensure the best surgical outcomes. Additionally, it includes tips on how to transition smoothly from the pre-op diet to post-op eating habits.

4. *The Sleeve Gastrectomy Pre-Op Diet Cookbook*

A collection of delicious and easy-to-make recipes designed to meet the nutritional needs of patients preparing for sleeve surgery. The cookbook emphasizes low-calorie, high-protein meals that help shrink the liver and reduce surgical risks. It also provides shopping lists and meal prep tips to simplify the diet process.

5. *30 Days to Surgery: Your Pre-Op Sleeve Diet Plan*

This step-by-step guide outlines a 30-day diet plan to follow before sleeve gastrectomy surgery. It breaks down weekly goals and offers motivational advice to maintain discipline during this crucial period. The book also includes tracking sheets to monitor progress and manage portion control effectively.

6. *Mindful Eating Before Bariatric Surgery*

Focusing on the psychological aspects of eating, this book helps patients develop a mindful approach to their pre-op diet. It teaches techniques to overcome emotional eating, stress, and anxiety related to dietary restrictions before sleeve surgery. Combining nutrition advice with mindfulness practices, it supports a healthier mindset and better compliance.

7. *Pre-Op Sleeve Diet Essentials: What You Need to Know*

A straightforward and informative guide that covers the key nutritional principles needed before undergoing sleeve gastrectomy. It explains the role of macronutrients, hydration, and supplements in preparing the body for surgery. The book also offers advice on how to handle common side effects like fatigue or nausea during the diet.

8. *Transforming Your Body: The Pre-Sleeve Gastrectomy Diet Plan*

This book emphasizes the transformative power of a well-structured pre-op diet in achieving successful surgery outcomes. It includes personal stories, expert tips, and scientifically-backed meal plans designed to optimize weight loss and liver health. Readers are encouraged to adopt lasting healthy habits starting before surgery.

9. Pre-Op Bariatric Diet Made Simple

Ideal for those new to bariatric surgery, this book breaks down the pre-op diet into simple, easy-to-follow steps. It provides clear guidance on portion sizes, food choices, and timing of meals to prepare the body effectively for sleeve gastrectomy. The straightforward language and practical tips make it accessible for all readers.

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pre op sleeve diet: The Bariatric Bible: Your Essential Companion to Weight Loss Surgery - with Over 120 Recipes for a Lifetime of Eating Well Carol Bowen Ball, 2020-03-31 The ultimate one-stop guide to living and eating well, before and after weight loss surgery If you've had—or are considering—weight loss surgery, this is the book for you. Chef and food writer Carol Bowen Ball has lost one hundred pounds since her own bariatric surgery, and in *The Bariatric Bible*, she gives you the keys to lifelong post-surgery success. Everything you need to know beforehand: what to look for in a surgeon, what the options are (from lapband to bypass), how to prepare, and what to pack How to manage your new diet: from cardinal rules ("protein first!") to common pitfalls (beware of "slider foods")—and which snacks to keep in your Emergency Kit Essential lifestyle tips: how to buy clothes for your changing body, craft an exercise plan, troubleshoot dining out, and more Over 120 healthy recipes, such as Quinoa, Nectarine, and Sizzled Halloumi Salad, Breakfast Protein Pancakes, and Lemon and Chive Hummus—color-coded by recovery stage and labeled with their protein, carbohydrate, fat, and calorie counts The bariatric lifestyle is about more than just cooking—it requires new, healthier habits around exercise, relationships, eating out, and much more. With this book, you can unlock the secrets to lifelong health and happiness, from pre- to post-op and beyond.

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pre op sleeve diet: Let Your Fear Be Your Victory Mindy Mitchell, 2016-11-17 This is my personal story of my journey from the gastric sleeve surgery. In my book you will find inspiration,

help, advice, and guidance along the first year of your journey. You will also see you are not alone in your struggles. Good luck and I hope you enjoy my story!

pre op sleeve diet: The Perfect Sleeve Gastrectomy Michel Gagner, Almino Ramos Cardoso, Mariano Palermo, Patrick Noel, David Nocca, 2020-05-06 Sleeve gastrectomy (SG) is the most common bariatric procedure performed worldwide, more than 55% of bariatric procedures are sleeve gastrectomies. This title will be comprehensive and detail all the approaches used in performing sleeve gastrectomy, offering readers all the tools needed to perform the perfect SG. Obesity has become a major global problem that continues to spread in both developed and developing countries. It costs more than any other health problem due to its prevalence and its many costly complications such as diabetes and heart disease as well as in disability and loss of productivity. While prevention of obesity is the best approach for the future, the current problem lies with managing those who are already obese or morbidly obese who constitute close to two thirds of the population in many countries such as the US. Diet, exercise, and behavioral change are the mainstays for any meaningful attempt for significant and durable weight loss. Unfortunately, for those who are morbidly obese, these measures alone almost consistently fail to achieve acceptable weight loss in the long term. Today, bariatric surgery is the only evidence-based treatment for morbid obesity with a low complication rate and acceptable results in the long-term for both weight loss and resolution of comorbidities. Despite the data, the acceptance of these operations was limited due to fear of what was perceived as major surgery. Today, applying minimally invasive technology to these complex operations made them more acceptable to patients due to decreased pain, faster recovery and fewer overall complications. This, in addition to improved outcomes as we went further along the learning curve, has made these operations more common and helped growing the field to be an independent specialty for surgeons and perhaps a new specialty for gastroenterologist. In these exciting times, the 5 international editors (one of them, Michel Gagner, is the creator of the SG) wanted to capture the global standards of practice at a time of change, excitement, and lots of controversy, regarding this common procedure. We aim to shed light on best practices across the borders, the intention of this volume is to develop a reliable reference to guide the practicing physician anywhere in the world, and from whatever specialty (surgeon, gastroenterologist or endoscopist) to navigate through the many current options of therapy in this rapidly changing field. We also aim to provide high quality illustrations and high-definition videos of these techniques to go with the didactic chapters written by thought leaders. In this book we will focus first on the clinical problems of the patients and the indications for the sleeve. Regarding the technical aspects, we will describe the technique step-by-step (including videos) and also we will detail the staplers, its size and different colors -- and the different sizes of the bougies, and also special description of the reinforcement of the sutures after the sleeve. We know that mainly the SG has a restrictive function, but we will also describe the metabolic effects of this surgery. Then we will describe the nontraditional SG techniques, such as the endoscopic approach, staples sleeve and robotic technologies. Bariatric surgery has very few rates of complications, but when complications happen, they are severe. Thus we will describe how to identify them immediately and also the different approaches to treat them by endoscopy, laparoscopy and percutaneous image guided surgery. A chapter will also cover revisional surgery and the different revisional procedures, not only from sleeve to other procedures but also from other procedures to SG. For the last section, we will include the lessons learned from almost 20 years now since the SG was first described, providing an overview on how we imagine the future will be for the most common bariatric procedure performed worldwide. This title will be an ideal reference for general surgeons, bariatric surgeons, endoscopists and gastroenterologists with interest in obesity management as well as researchers with interest in obesity. Residents and fellows training in general and bariatric surgery as well as in endoscopy. Dietitians, diabetes specialist, psychotherapists with interest in obesity management as well as hospital administrators and quality officers in hospitals with bariatric practices will also benefit by this book.

pre op sleeve diet: Successful Training in Gastrointestinal Endoscopy Jonathan Cohen,

2022-05-02 Successful Training in Gastrointestinal Endoscopy Teaches trainee gastroenterologists the endoscopic skills needed to meet the medical training requirements to practice gastroenterology and helps clinical specialists refresh their skills to pass their recertification This book provides all gastroenterologists with the exact set of skills required to perform endoscopy at the highest level. Featuring contributions from internationally recognized leaders in endoscopy education and an endorsement by the World Organization of Digestive Endoscopy, it examines the specific skill sets and procedure-related tasks that must be mastered when learning a particular technique, including: specific descriptions of accessories required; standard training methods for the procedure; optimal utilization of novel learning modalities such as simulators; quality measures and objective parameters for competency; and available tools for assessing competency once training has been completed. Successful Training in Gastrointestinal Endoscopy, Second Edition features 400 high-quality, outstanding color photos to assist with comprehension. It is also complemented by a website containing over 130 annotated teaching videos of both actual procedures and ex-vivo animal model simulations. These videos illustrate, step by step, the proper techniques to be followed, highlighting clinical pearls of wisdom from the experts and the most common mistakes to avoid. Offers comprehensive and practical training guidelines in all the endoscopy procedures and techniques trainee gastroenterologists are required to learn Provides trainees with the skills required to perform endoscopy to the level required by the ACGME in order to practice gastroenterology Presents seasoned gastroenterologists with an outstanding tool to brush up their endoscopy skills and to familiarize them with new trends in safety and competence Includes website with video clips visually demonstrating all the endoscopic procedures step-by-step highlighting common mistakes Endorsed by the World Organization of Digestive Endoscopy Successful Training in Gastrointestinal Endoscopy, Second Edition is an excellent book for all trainee gastroenterologists (particularly endoscopists and colonoscopists) training for board exams. It will also greatly benefit gastroenterology specialists (especially those training for re-certification), as well as internal medicine physicians and trainees.

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pre op sleeve diet: Understanding Obesity to Determine the Best Therapeutic Option: From Lifestyle Interventions to Therapies Evelyn Frias-Toral, Jorge Carriel-Mancilla, Florencia

Ceriani, Almino Ramos, 2025-02-21 We are currently facing an obesity pandemic that affects individuals of all age groups, geographic areas, and social status, among others. Thus, it is essential to generate high-quality scientific evidence to better understand this pathology, its risk factors, and its treatments. Several modifiable and non-modifiable risk factors for the development of obesity have been identified. It has been demonstrated that obese patients have an increased risk of acquiring arterial hypertension, diabetes, dyslipidemia, cardiovascular diseases, cancer, and other chronic conditions. In order to take efficient actions to reverse or prevent these complications, it is also crucial to delve into body composition, lean mass, fat, bone mass, and sarcopenia in patients with obesity. In recent months, there have been developments in pharmacological therapies using GLP-1, GIP, and glucagon agonists, which seem to change the rules of the game regarding therapeutic decision-making in these patients worldwide. However, surgical techniques such as sleeve gastrectomy and Roux-en-Y gastric bypass continue to be the most effective and definitive interventions to achieve adequate weight loss in patients with obesity. Despite the pharmacological development, none of the clinical trials have shown that the operated patients reach more than 30% of the total body weight, as with bariatric surgery techniques. Furthermore, it is fundamental to analyze the impact of diverse therapeutic, non-surgical, and non-pharmacological options to address obesity, such as cognitive-behavioral interventions and different types of diets in combination with physical activity.

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pre op sleeve diet: *The Complete Idiot's Guide to Eating Well After Weight Loss Surgery* Joseph Ewing, Margaret Furtado MS, RD, 2009-12-01 Essential info for the quarter million people a year adjusting to life after weight loss surgery . . . With an increasing array of weight-loss procedures to choose from, more and more are opting for it. But once patients return home, they need guidance for keeping the weight off, while nourishing themselves. Included here are the challenges they face, how to overcome them, meal plans, and 150 recipes tailored for them.

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pre op sleeve diet: Perioperative Medicine Associate Professor Deborah C Richman, Debra Pulley, Associate Professor Adriana D Oprea, 2024 The seventh volume in the Anesthesiology Problem-Based Learning Approach series, Perioperative Medicine provides an up-to-date and comprehensive review of the perioperative medicine specialty.

pre op sleeve diet: Psychiatric Care in Severe Obesity Sanjeev Sockalingam, Raed Hawa, 2016-12-16 This book is designed to present a comprehensive, state-of-the-art approach to assessing and managing bariatric surgery and psychosocial care. Unlike any other text, this book focuses on developing a biopsychosocial understanding of patients' obesity journey and psychosocial factors contributing to their obesity and its management from an integrated perspective. Psychiatric Care in Severe Obesity takes a 360 approach by covering the disease's prevalence and relationship to psychiatric illness and social factors, including genetics, neurohormonal pathways and development factors for obesity. This book presents evidence and strategies for assessing psychiatric issues in

severe obesity and uses common psychiatric presentations to feature the impact on bariatric surgery and key assessment features for weight loss. Concluding chapters focus on evidence-based psychosocial treatments for supporting patients with weight loss and bariatric surgery and includes educational tools and checklists for assessment, treatment, and care. Experts on non-pharmacological interventions such as mindfulness, cognitive-behavioral therapy and nutrition education describe treatment approaches in each modality, concluding with pharmacological approaches for psychiatric conditions and eating pathology. Additional tools in the appendices support clinicians, making this the ultimate guide for managing psychiatric illness in patients suffering from severe obesity. As obesity continues to grow in prevalence as a medically recognized epidemic, *Psychiatric Care in Severe Obesity* serves a vital resource to medical students, psychiatrists, psychologists, bariatric surgeons, primary care physicians, dietitians, mental health nurses, social workers, and all medical professionals working with severely obese patients.

pre op sleeve diet: Foregut Surgery Marco G. Patti, Marco Di Corpo, Francisco Schlottmann, 2019-11-22 This book provides a state-of-the-art description of the clinical evaluation, diagnosis, management, and treatment of achalasia, gastroesophageal reflux disease, paraesophageal hernia, and morbid obesity. The prevalence of such diseases is increasing worldwide due to higher awareness and improved diagnosis rate. The text is divided in three different parts, each covering detailed surgical techniques of the main foregut operations: achalasia, gastroesophageal reflux disease (GERD), and obesity. Written by experts in the field, chapters focus on the preoperative work-up, indications, and technical aspects of each operation. *Foregut Surgery* proves to be an irreplaceable resource for surgeons, gastroenterologists, medical students, and surgical residents that care for patients with reflux, achalasia, and morbid obesity.

pre op sleeve diet: Malabsorptive Surgeries Jaime Ruiz Tovar, 2024-06-07 *Malabsorptive Surgery: Surgical Techniques, Results, and Challenges* describes the development of classic and new malabsorptive surgical techniques. Coverage includes the results obtained after the procedures, as well as postoperative complications - including early complications (associated with the difficulty of the operation) and late complications (associated with nutritional sequelae). This book is the perfect reference for basic and translational research focused on the mechanism of action of malabsorptive procedures, that goes beyond the bypassing of intestinal loops, affecting the regulation of hormonal signals. The content is also useful for bariatric surgeons and endocrinologists dealing with the bariatric options and results. Despite the aims of bariatric surgery focusing on performing procedures associated with low postoperative complications rates (mostly restrictive procedures), there is increasing evidence showing mid- and long-term failure of restrictive and mixed procedures in terms of weight regain and recurrence of comorbidities. This has increased the need for revisional surgeries after failed primary procedures, and consequently, increased the popularity of malabsorptive techniques. - Introduces new malabsorptive techniques, including OAGB and SADIS, which have improved results and reduced the nutritional sequelae of more classic approaches like biliopancreatic diversion and duodenal switch - Provides insights into basic and translational research focused on the mechanism of action of malabsorptive procedures that goes beyond the bypassing of intestinal loops, thus affecting the regulation of hormonal signals - Presents step-by-step procedures with accompanying images to guide performance of specific procedures

pre op sleeve diet: Gastric Bypass João Ettinger, Euler Ázaro, Rudolf Weiner, Kelvin D. Higa, Manoel Galvão Neto, Andre Fernandes Teixeira, Muhammad Jawad, 2020-03-11 This book presents and describes the various uses of gastric bypass in bariatric and metabolic surgery and outlines the different techniques currently available. Furthermore, the possible complications with the procedure and ways to avoid them are also discussed. The use of the gastric bypass for the treatment of diabetes is emphasized and the new indications for the operative treatment of diabetes are featured in detail. Endoscopic uses concerning the gastric bypass are also addressed, covering preoperative evaluation, complications treatment, weight regain treatment and endoscopic treatment of obesity. The most advanced techniques and new technologies available for performing gastric bypass surgeries are presented in the most didactic possible way, making use of value-added learning

features throughout the text. Gastric Bypass - Bariatric and Metabolic Surgery Perspectives is intended as a practical guide for all those interested and involved with bariatric surgery, including general surgeons, bariatric surgeons, GI surgeons and surgery residents.

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