

A MESSAGE FOR PEOPLE CONSIDERING BARIATRIC SURGERY

Bariatric surgery is among the highest-paying surgical specialties, which may partially explain why accuracy and integrity in reporting the results of these operations tend to go by the wayside. Combine that with the vulnerability of patients (desperation to lose weight is not conducive to good judgment) and bariatric surgery is a setup for disaster.

We are misled about the extent and severity of the health risks associated with weight. We are also told that bariatric surgery is a solution for those health risks. It's not.

Bariatric surgery is better described as a high-risk, disease-inducing, cosmetic surgery - not a health-enhancing procedure. Unlike a diet, however, you usually can't abandon it when you realize you made a mistake, despite claims otherwise.

Bottom line: Bariatric surgery is a big decision with life-altering results. Make yours an informed decision. Consider the facts and stories not being told.

To learn the other side of the story:

- Read *Health at Every Size: The Surprising Truth About Your Weight*, by Linda Bacon. An excerpt from the book that discusses bariatric surgery is available at www.HAESbook.com.
- Read the bariatric surgery series at the JunkFood Science blog: <http://junkfoodscience.blogspot.com>.
- Check out the Obesity Surgery Information Center: <http://obesitysurgery-info.com>. Be sure to read the personal testimonials.
- Surf over to <http://suethsayings.blogspot.com> and read about "The reality of obesity, weight loss surgery and other things."

Excerpt from *Health at Every Size: The Surprising Truth
About Your Weight* © 2010 by Linda Bacon.

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- Read the personal story: *I Want To Live: Gastric Bypass Reversal*, by Dani Hart.

There is an evidence-based compassionate alternative to bariatric surgery: Health at Every Size. To learn more, visit www.HAESbook.com.

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