Success Habits of Weight Loss Surgery Patients: How medical providers can help their patients be a success story

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What is success?

ASMBS defines ‘successful’ weight loss as ≥50% of excess body weight

Why do we need help?

• One study by Stanford University School of Medicine showed 49% of bariatric surgery patients are lost to follow up
  – Lost to follow-up: missed 12 month post-op appointment and never returned to clinic afterwards

• Another study showed typical follow-up rates for GBP patients are in the range of 60% to 80%

• Patients who attend all scheduled follow-up appointments experience greater long-term weight loss than those who do not
What are the Success Habits?

- Healthy Eating (following bariatric nutrition guidelines)
- Exercise
- Self-Care
- Accountability

“We first make our habits, and then our habits make us.”
Healthy Eating Behaviors

- Eat every 3-4 hours
- Focus on protein, fiber, and heart healthy fats
  - Protein first to ensure fullness and maintain lead body mass
- Hydration
  - 64+ ounces per day
  - Avoid sugar-sweetened beverages
- Limit high fat and high sugar foods
Healthy Eating Behaviors Continued

• Eat slowly and chew well
• Separate fluids from food
• Plan ahead
  – Meals, snacks and supplements
• Keep a food journal
Exercise

Research shows…

• Consistent exercise leads to a 4.2% lower BMI

• Moderate intensity exercise leads to a 5.7% greater excess weight loss

• People who become active after surgery lose more weight than inactive patients, suffered from less depression and anxiety, and had higher scores in general health
  – "active" defined as at least 200 minutes per week of walking or other moderate or vigorous exercise
Exercise Continued

3 components:
• Cardio or Aerobic Exercise
  – Walking, running, swimming, biking, dancing, rowing, boxing, aerobics class
  – Recommendation: 150 minutes moderate intensity and 75 minutes vigorous intensity
• Strength Training Exercise
  – Body weight, dumbbells, machines at a gym, resistance bands
  – Recommendation: at least 2 times per week
• Stretching
  – Stretching, yoga, Pilates
Self Care

• Realistic expectations
  – Let go of perfection
• Positive self-talk
  – Avoid the ‘all-or-nothing’ mind-set
• Handle emotions with out food
  – Exercise
  – Breathing exercises
  – Reach out for support
• Measure small successes and non-scale victories
  – Exercise longer?
  – Clothes fit better?
  – Able to do more?
Accountability

- **Goal Setting**
  - Behavior focused
  - SMART goals (Specific, Measurable, Attainable, Realistic, Timely)

- **Attend scheduled follow-ups**
  - 2-3 weeks, 3 months, 6 months, 1 year, and annual visits

- **Seek Support**
  - Support groups
  - Friends/family
  - Therapist
  - Personal Trainer
  - Nutrition Counseling

“**I joined a weight-loss support group. We meet once a week and talk each other out of dieting.”**
How Can You Help?

• Ask and engage in conversation
• Express empathy
• Non-weight bias
• Give positive reinforcement and recommendations
• Encourage…
  – The success habits and goal setting
  – Utilize resources
    • Technology
    • Support groups
    • Blogs/Recipe sites
    • Local gyms and wellness centers
  – Follow up with the bariatric team
References

Thank you!

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