Weight Loss Surgery
Psychological, Social, Behavioral Considerations and Changes

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Psychological Factors to Consider

• Transfer Addictions and History
• Mental Health History
  – Depression
• Sexual Abuse History
• Unrealistic Expectations
  » Scale obsessions
Coping:

• With uncomfortable feelings
• With hunger
• With foods that you will still desire

Finding your own coping techniques will be essential for YOUR SUCCESS!
These are the AVERAGES:

30 to 70% will lose 30 to 70% of their EXCESS weight
5% will lose 0-5% and 5% will lose 95-100%
15% will lose between 5-30% and 15% will lose 70-95%
The Cycle

Didn’t meet expectations or regain = shame = eating

Avoid Follow ups

Eating = Weight Gain

SHAME
The only thing this surgery will do is stop you from binging ALL AT ONCE
The change is all your head… the tool does not do the choosing versus versus versus
Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.
It is “only a tool”
TOOLS FOR SUCCESS
Your surgery
Your choices of nutrition
Your water intake
Your amount of sleep
Your follow ups with the team
Your participation in support group
Your vitamin and mineral regimen
How you choose to be accountable
Your exercise regimen
Relationships

Friends
- Our buffet buddies may feel threatened
- Thin friends may feel threatened
- Food police/sabbatogers don’t change

Marriages and Partnerships
- BTN’s (better than nothing) may fall apart
- Grass is greener and affairs
- Good partnerships get better!

“that surgery changed you”
Food boundaries and mindful eating
“Loose skin”

It happens

An ACCUATE body Image is a very difficult thing to achieve...if ever!
Body Image

• May take up to 5 years to have what you see match what others see
• Loose skin can be an issue for body image especially for younger patients
• NSV = Non Scale Victories!

A last reminder:
This should be about increasing your health ONLY! Everything else is a bonus.
Size 8? Nice 😊 Waist 36? great 😊 Off High Blood Pressure medicine?

Priceless !!!
THANK YOU!

For more information please call us by phone:

518-262-0942

Or visit our web pages:

http://www.amc.edu/Patient/services/Surgery/bariatric_surgery/index.cfm