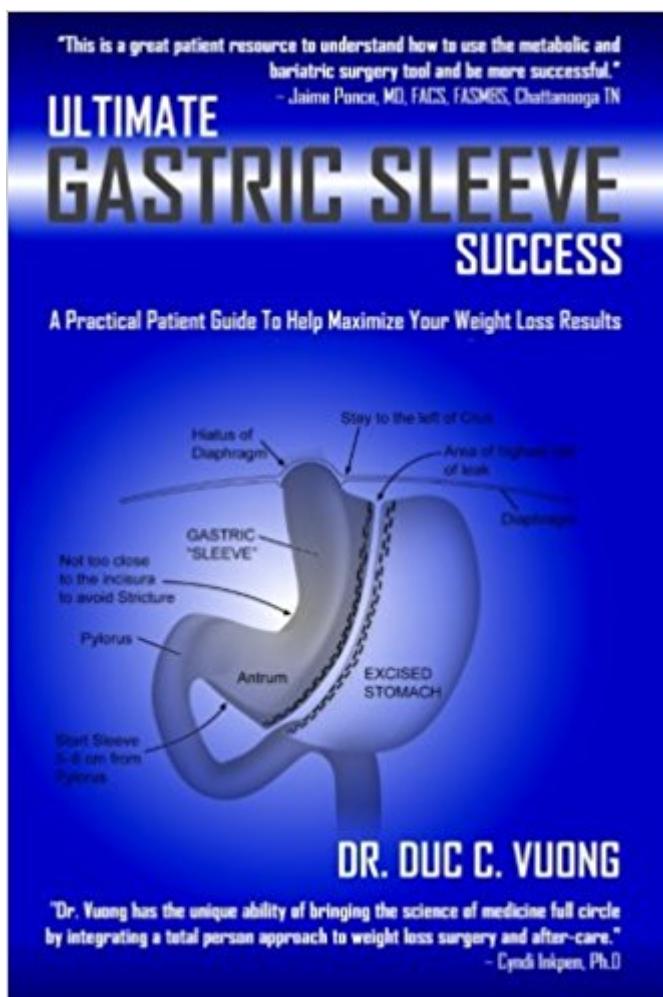


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# Ultimate Gastric Sleeve Success: A Practical Patient Guide To Help Maximize Your Weight Loss Results



## Synopsis

Building on his popular Ultimate Success series, "Support Surgeon" Dr. Duc Vuong returns with his latest weight loss surgery guide, this time for Gastric Sleeve patients. Written in an easy-to-understand manner, he explains some of the anatomical and surgical aspects of the gastric sleeve, while providing practical strategies on how to be successful long-term. He delves into some of the most elusive topics that plague weight loss surgery patients, such as weight loss plateaus, social eating, and long-term follow-up testing requirements. Maintaining the quiz and answer format of his previous books, this book is a must read for all weight loss surgery patients who are looking to maximize their weight loss surgery tool. Here are just a few of the topics that are discussed in *Ultimate Gastric Sleeve Success: Understanding Your Gastric Sleeve Surgery*--describes the anatomy and the sleeve surgery in plain, easy-to-understand language! *Preoperative Sleeve Knowledge Test*--gets your expectations inline for the surgery *Basic Nutrition Test*--basic but very practical information! The *Texture Scale*--a concept developed by Dr. Vuong that will change how you think about food *How Do You Know When You Are Full?*--teaches you how to know when to stop eating! *Social Eating with the Gastric Sleeve*--celebrations are just a part of living. This book is recommended by multiple major academic institutions across America, and is the foremost authority on success with the sleeve gastrectomy.

## Book Information

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## Customer Reviews

Dr. Vuong is a board-certified general surgeon who did his surgical training in the Texas Medical Center in Houston, TX. He is currently the director of Bariatric and Minimally Invasive Surgery at

Lovelace Health Systems in Albuquerque, New Mexico. Dr. Vuong's no-nonsense approach to health and wellness has made him a popular speaker at patient conferences, and he is featured in TLC's 2013 reality television show "900 Pound Man: Race Against Time." He has written multiple patient education books that are also available on .

I entered into gastric sleeve surgery shockingly (for me) under-informed - I guess I didn't know what I didn't know, to the extent that I was clueless. Turns out, though I had my surgery a week ago at "Boston's best hospital" (aren't they all?) I got little-to-no individualized attention or consideration, and throughout received canned responses and lowest common denominator information. Enter Dr. Vuong's book. Without it I truly - no joke - could not have done this journey even to the extent that I have. I luckily found it through searching , ordered it, and spent the month before surgery reading and re-reading it. Suddenly I had informed questions to ask! Suddenly I felt like I'd indeed have a normal life when the initial stages were over - but not the SAME life. Yes, I'd have an ice cream with my son again, or tapas in Spain. But no, I'd not revert to doing all the same things that had brought me to the miserable point of surgery in the first place. Dr. Vuong is a gastric patient's best friend, no kidding, and I'm not a relative :). His little video shorts are wonderful, his seemingly simple (and poorly named) "Weight Loss Surgery Success" a useful, concise guide to thinking differently (as opposed to the usual self-involved tomes on "mindfulness" and eating that spend much of their text focusing on the author). I've just learned about "periscope" on which he apparently gives broadcasts, and I intend to follow him on that. He's more than just informational. He's hopeful, he's kind, he's clear, and he gives action points rather than theory. Do this! It'll help! I'm am admittedly a bit emotional - first days of gastric surgery are not the easiest. But I honestly feel that had I not found Dr. Vuong's book, I'd be in a world of confusion and unhappiness right now. How very lucky we are that he wrote this. Dr. Vuong, thank you. You've helped more than you can possibly know.

I felt like the doctor who wrote this book was giving me a one-on-one seminar. I got it: protein first, fit your "pouch" with the most nutritious food, cooking is best...this doctor's style is one that I can really appreciate. Although my doctor is an excellent surgeon, he is a man of fewer words. So, I enjoyed Dr. Vuong's book.

I'm still in the research phase of WLS, so I found this book extremely helpful. There are a lot of great tips and stories that I could relate to. Super helpful! Thank you!

If you or someone you care about are considering a way to change their life and live a healthier and fuller life then read this book. Yes it is about having a medical procedure called a "Gastric Sleeve" and is the best discussion of this process for a patient to read. But it is much more than that. Dr Vuong gives some very clear and direct advise regarding how and what to eat to be healthy. Give it a try - you will be really surprised and I think also delighted.

As a person getting ready for gastric sleeve surgery, I came across this in my quest to educate myself. This is the most informative book I've encountered. It should be required reading for all WLS patients. Both before and after surgery.

I'm 9 months out from surgery and have done a great deal of research, books, online, etc. This was always on my list of books to read. I read this while on vacation and I found this book to be different from the other sleeve books I've read which focused more on the physiological aspect of the surgery not the mental or emotional. This book focused on that as well which made it very comprehensive. It also was helpful in me making the right choices during my vacation which led me to make great choices not only in regards to food but exercise. I lost 2.5 lbs while on vacation. Who does that. I was just hoping to maintain. Thank you Dr. Vuong...you ARE The Support Surgeon!!!

I have read this book 4 times now, and use it as a reference almost daily. Dr. Vuong gives a complete and detailed description of the surgery including pre and post surgery account as well. He includes diagrams along with questionnaires in each chapter. Best educational material there is out there.

This is a must read for anyone preparing for or even considering Gastric Sleeve Surgery. It gives readers a straight no nonsense description of the procedure, it's benefits, and possible complications. It explains the benefits of weight loss and preop diet prior to surgery and exactly how you should eat following surgery to achieve the greatest benefits. I read this book four times before my surgery and I still listen to it daily two weeks out from my surgery

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