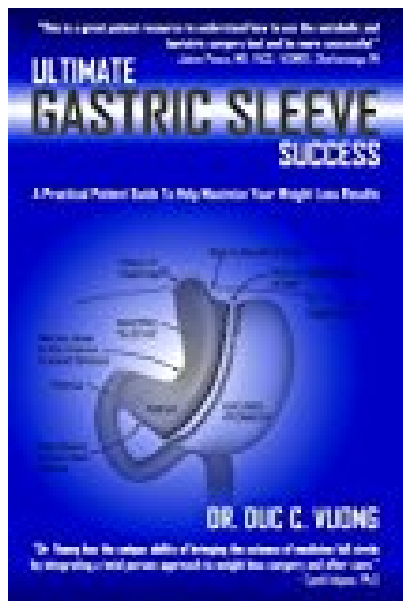


Ultimate Gastric Sleeve Success A Practical Patient Guide To Help Maximize Your Weight Loss Results



BOOK DETAILS

- Author : Dr. Duc C. Vuong
- Pages : 196 Pages
- Publisher : HappyStance Publishing
- Language : English
- ISBN : 0615830447

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BOOK 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 this newer surgical procedure, 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 in line 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.

ULTIMATE GASTRIC SLEEVE SUCCESS A PRACTICAL PATIENT GUIDE TO HELP MAXIMIZE YOUR WEIGHT LOSS RESULTS

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