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## ABOUT THE AUTHORS

**Louis Flancbaum, M.D.** (pronounced flans-baum) is a general surgeon and nationally recognized authority in bariatric surgery.

He is the Chief of the Division of Bariatric Surgery at St. Luke's - Roosevelt Hospital Center and associate professor of clinical surgery at the College of Physicians and Surgeons of Columbia University in New York City.

Dr. Flancbaum is a graduate of the State University of New York - Downstate Medical Center and completed his surgical training at the University of Illinois Medical Center in Chicago and the Maryland Institute for Emergency Medical Services Systems in Baltimore. He has held faculty positions at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School, Rutgers University and The Ohio State University College of Medicine. He is Board Certified in General Surgery, Surgical Critical Care, and Nutrition Support.

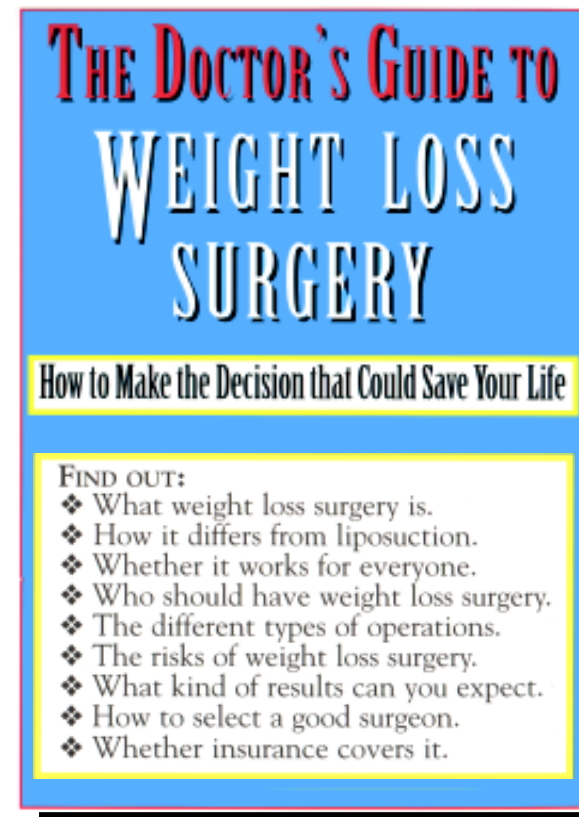
Dr Flancbaum has made numerous national and international presentations and has published over 100 articles and book chapters in scientific journals. His study, with Patricia Choban M.D., of patient satisfaction after gastric bypass surgery received national attention.

**Erica Manfred** is a freelance writer and medical journalist whose articles have appeared in *Cosmopolitan*; *Ladies Home Journal*; *McCalls*; *Parenting*; *Bottom Line/Personal*; *New Age Journal* and other publications. She had gastric bypass surgery in January of 1998, which substantially improved both her health and quality of life. Click on "Introduction" at [www.wlsguide.com](http://www.wlsguide.com) to read her story.

**Deborah Biskin, M.S.** is an educator and freelance writer who contributes to *Lifestyles*, *Modern Bride*, and *Olam* magazines.

## THE AUTHORITATIVE WEIGHT LOSS SURGERY GUIDE

The **ONLY** comprehensive guide by a  
nationally-known bariatric surgeon



*"A much needed guide to the most effective treatment for extreme obesity. This book takes the mystery out of weight loss surgery, and allows a patient to make an informed decision about this important step in the treatment of their disease."*

– Richard L. Atkinson,  
President, American Obesity Association

**Louis Flancbaum, M.D.**  
**Erica Manfred**  
**Deborah Biskin**

# THE DOCTOR'S GUIDE TO WEIGHT LOSS SURGERY

**Medical Professionals:** *The Doctor's Guide to Weight Loss Surgery* provides your patients with scientifically accurate, detailed information on all aspects of bariatric surgery in terms they can understand. Illustrated by a professional medical illustrator, the drawings alone will save you hours of explanatory time. You won't have to answer the same question over and over if you suggest this definitive book to your patients. *The Doctor's Guide to Weight Loss Surgery* can also serve as a resource for primary care physicians.

**Patients:** *The Doctor's Guide to Weight Loss Surgery* will save you hours of research. You'll find out everything you need to know to make an informed decision in one handy, easy-to-understand volume.

**Libraries & Bookstores:** *The Doctor's Guide to Weight Loss Surgery* is the only book on this subject by a physician who has published extensive research on the subject. It has a comprehensive index.

"I've had the pleasure of reading all of the weight loss surgery books, but the one I keep referring back to is *The Doctor's Guide to Weight Loss Surgery*, by Dr. Louis Flancabaum and Erica Manfred, the only book out there co-written by a bariatric surgeon.

It's user-friendly—with lots of quotes from post-ops...and what I particularly found useful was the FAQ (frequently asked questions) section and the chapter on insurance issues. There's a comprehensive description of the various types of surgeries, how to choose the right one for you, and how to select a surgeon and program.

I find myself recommending this book to many of our support group folks who are attending group to find out if surgery is right for them. It seems to touch on all the issues many pre-ops (and post-ops) have.

I wish such a helpful resource had been available to me when I was investigating my surgery."

— Barb Stras, Coordinator  
Kansas City Weight Loss Surgery Support Group

OBSESITY is the most common disease in the U.S., affecting one in four adults. It causes 300,000 preventable deaths each year, second only to smoking. Diets are largely ineffective and drugs have been plagued by serious side effects. Severe obesity and its associated medical problems affects over 10 million Americans. An effective, relatively inexpensive treatment exists: weight loss surgery.

"The surgical procedures currently in use are capable of inducing significant weight loss in severely obese patients, which, in turn, has been associated with amelioration of most of the co-morbid conditions."

— National Institutes of Health

"Surgical treatment for obesity should be considered for patients with a BMI above 40 or a BMI above 35 with co-morbidities or other risk factors."

— Shape Up America/American Obesity Association

"When the BMI is above 35 and co-morbidities exist, gastrointestinal surgery becomes a consideration. When the BMI is above 40, surgery is the treatment of choice."

— American Heart Association: Obesity and Heart Disease

"Surgery is now considered to be the most effective way of reducing weight, and maintaining weight loss, in severely and very severely obese subjects ... surgical treatment has been estimated after four years to be less expensive than any other treatment."

— World Health Organizations



Louis Flancabaum, M.D., is Chief of the Division of Bariatric Surgery at St. Luke's-Roosevelt Hospital Center and associate professor of clinical surgery at the College of Physicians and Surgeons of Columbia University. A nationally recognized authority in bariatric surgery, he has performed gastric bypass and other procedures for 10 years.

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- Detailed information about the health risks associated with severe obesity and its treatments.
- Description of the various weight loss surgery procedures, along with their outcomes, risks, benefits and complications.
- Tips to help guide prospective surgical candidates through the process of selecting a bariatric surgeon and surgical program and obtaining insurance approval.
- Nutritional and psychological advice, including what you can eat after surgery, what supplements to take and how to adjust to a new lifestyle.
- Extensive resource and FAQ chapters.
- A selection of gourmet high-protein recipes.
- Comprehensive index

"This book is a must-read for anyone considering weight loss surgery or just exploring treatment options for morbid obesity. It's well-researched, authoritative and easy-to-read. The authors include one of the top WLS surgeons and a writer who had weight loss surgery, so they know what they're talking about. Every question a reader might have is anticipated, and ably answered. A great resource!"

— Belinda Hulin

Features Editor, Florida Times-Union

"Weight Loss surgery is a tremendously scary subject but this book makes it easy to understand. The best part of the book were the many true-life accounts from real people who've had the surgery and found it changed their lives for the better. And the recipes were great, too!"

— An overweight reader from Upstate New York