



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

Dr. Duc C. Vuong

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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.

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