

# Initial Post-Operative Behavioral Group

*"Because of it, I have met some wonderful people who I call my friends today and know we will be a lifelong support system."*

*"Just go. You learn you are not alone."*



*"Trading tips was great!"*

Schedule your first post-operative behavioral appointment 6-12 weeks after surgery with Dr. Gorman.

The following sessions are available virtually over Zoom:

**Dr. Mark Gorman**

1<sup>st</sup> , 3<sup>rd</sup> Wednesday: 12-1pm

**Schedule with your surgeon's administrative assistant.**

Costs are billed to insurance and co-pays are collected for these appointments.

# Top 10 Reasons to Attend the IPO Group

- 1. Because it's part of our core program!** The Initial Post-op Group (for all patients 6-8 weeks post-op) is a **required** part of our program because we've seen how paramount these groups are for a patients' success and quality of life.
- 2. Experience peer support and guidance from Dr. Davidson, our psychologist.** Recovering from surgery while navigating social situations *and* modifying your lifestyle can be difficult. Patients tell us the support from these groups help make for an easier transition, offer unique encouragement and even make new, lifelong friends!
- 3. Accountability.** When you share a goal with someone, you are more likely to follow through with it! Motivation to change behavior is hard to muster alone. By coming to support groups, motivation naturally follows by knowing your peers and Dr. Davidson will be checking in with you regularly.
- 4. You may lose more weight by attending support groups!** A review of over 900 studies published in 2011 found greater weight loss in those who attended support groups.<sup>1</sup> One study found 8.4% greater excess weight loss in those who attended regular support group. That's about 8 pounds!
- 5. Support groups can help improve your mood.** Patients in a group intervention program showed lower depression and greater self-efficacy (the confidence to succeed) at 3 years post-op.<sup>2</sup> *All in favor of managing depression, say "I" (and then attend a support group)!*
- 6. Groups can help you work through a plateau.** Groups seem to be particularly helpful after about 6-months post-op when rate of weight loss tends to slow down. Pick up ideas and fine tune your plan by hearing from other patients who are experiencing the same thing you are.<sup>3</sup>
- 7. Sharing tips with each other gets you out of a rut.** It's easier to stick to healthy changes when you get new ideas from people who are using them. Did you know there was a study showing a 40% weight loss success rate without groups and a 92% success rate when attending support groups?<sup>4</sup>
- 8. There's no excuse not to.** Can't attend in person? Online support groups, like the CMBS Facebook page and Obesity Help, have also shown to help people lose weight. The more you interact, the more likely you gain support from these virtual resources.<sup>5</sup>
- 9. Your concerns will be addressed.** It's normal to be unsure of how you are doing. Hearing from other patients and from Dr. Davidson can provide reassurance and clarity on your journey.
- 10. You will laugh, guaranteed!** We can hear Dr. Davidson laughing from two rooms away!



1. Livhits et al. Is social support associated with greater weight loss after bariatric surgery?: a systematic review. *Obes Rev.* 2011; 12(2): 142-148. --2. Wild et al. Sustained effects of a psychoeducational group intervention following bariatric surgery: follow-up of the randomized controlled BASE study. *Surg Obes Relat Dis.* 2017;13(9):1612-1618. --3. Song et al. Association between support group attendance and weight loss after Roux-en-Y gastric bypass. *Surg Obes Relat Dis.* 2008; 4(2):100-103. --4. Robinson et al. What variables are associated with successful weight loss outcomes for bariatric surgery after 1 year? *Surg Obes Relat Dis.* 2014;10(4):697-704. --5. Poncela-Casasnovas et al. Social embeddedness in an online weight management programme is linked to greater weight loss. *J R Soc Interface.* 2015;12(104):20140686)