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## How to stop weight gain after gastric sleeve

If you've had bariatric surgery, one of your greatest fears may be that you'll regain the weight. Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy Unfortunately, the truth is it's easy to regain weight. People typically start gaining weight 12 to 18 months after their surgery. And it can happen for a variety of reasons. "Maybe they didn't choose the right procedure," says bariatric diettitian and support group coordinator Lilian Craggs, DHA, RDN, LDN, PhD. "Or they had the gastric bypass and developed a fistula (an abnormal opening) that allowed food to enter the bigger stomach. Or the sleeve or pouch got stretched." However, Dr. Craggs says those are exceptions. "In the majority of cases, weight regain is diet-related." How weight is regained after bariatric surgery In the first year after surgery, most patients are diligent with diet and exercise. They eat proper portions of 3 to 6 ounces. If they eat out, they bring most of their meal home with them. But as they start to tolerate a wider variety of foods, many begin to eat more and exercise less. Their weight loss slows down and plateaus before beginning to climb. "When you weigh more, you require more calories to function," Dr. Craggs explains. "After bariatric surgery, your metabolism decreases, and your need for calories drops as you lose weight. You can't eat the same number of calories at 150 pounds that you did at 300 pounds, or you'll gain weight." Most weight regain boils down to eating habits. Researchers recently reported five of 13 eating behaviors were largely responsible for a greater-than-normal amount of weight loss: Binge eating.Eating when feeling full.Eating continuously all day.Out-of-control eating.Eating fast food. How can you prevent regaining weight after bariatric surgery? While weight gain is common, it's not inevitable. Here are 8 tips for maintaining your weight loss: Recognize that obesity is a chronic, multifaceted condition that programs your body to gain weight. A dedicated bariatric team is your ally in the fight to lose weight and be healthy.Don't be embarrassed if you start regaining weight. Reach out to your bariatric team.They will help you to succeed." adds bariatric surgeon Raul Rosenthal, MD. "You may benefit from one of the new FDA-approved weight-loss medications or simply need some support and coaching."Schedule regular visits with your bariatric team to keep your weight loss on track.Follow your recommended nutrition plan diligently to ensure you receive adequate nutrition and maintain muscle mass. "The ultimate goal is to eat a regular diet in smaller amounts," says Dr. Craggs.Avoid snacking or grazing. It prevents you from feeling full, and the extra calories will add up to weight gain.If you have trouble maintaining recommended lifestyle changes, seek a bariatric support group. Your peers are struggling with the same issues.If you feel you would benefit from one-on-one support, ask your bariatric team to connect you with someone has succeeded in maintaining weight loss to mentor you.If you gain weight, reach deep inside your heart and locate the impetus for seeking bariatric surgery in the first place. Then recommit yourself. "We say 'Pick yourself up, dust yourself off and let's start again,'" says Dr. Craggs. Bariatric surgery is a tool, not a magic wand These findings underscore that bariatric surgery alone isn't a permanent solution to obesity. It's a tool for losing weight. Once it occurs, you need to exercise and eat smart to stay slim. "It's not a magic wand," Dr. Craggs says. "You have to eat healthy foods, follow the bariatric protocol for nutrition and stay active, or the disease and its comorbidities will recur." Your health risks increase if you regain the weight Bariatric procedures produce rapid and substantial weight loss. The result? Diabetes, hypertension, high cholesterol, sleep apnea and other medical issues linked to obesity may disappear, lowering the risk of heart disease, stroke, premature death and many forms of cancer. In some ways, bariatric surgery reverses the clock. "We found that detrimental changes to the heart reverse themselves with rapid weight loss," Dr. Rosenthal explains. "This dramatically lowers the risk of cardiac arrhythmias and heart attack." So as weight climbs again after weight loss surgery, so do the risks of developing cardiovascular disease and cancer. How much weight do you have to keep off for bariatric surgery to be a success? The health risks associated with weight regain are proportional to the amount of weight regained. In this respect, most bariatric procedures are successful. "Success is defined as retaining 50% of your weight loss five years after the initial procedure was performed," Dr. Rosenthal says. "Rarely do patients gain all their weight back." Although bariatric surgery is considered the only route to permanent weight loss, variability in the surgical procedures themselves can affect success. "The procedures are still evolving, and there is no standardization," Dr. Rosenthal says. "We are still learning what matters and contributes to success. Also, some patients choose, or are advised to undergo, the wrong procedure and do not realize the same benefits as he or she would have realized with a different bariatric procedure." This article was adapted from Cleveland Clinic Heart Advisor. I'm going to talk about a topic that creates a lot of concern for some people, and that is, how to avoid weight regain after gastric sleeve surgery. Towards the end, I'm going to provide you with seven strategies that I have picked up by interviewing many of my successful and unsuccessful patients and also having done my own research. What exactly causes one to regain their weight? There are a few factors that I will enumerate that are causes of weight regain after gastric sleeve surgery, but before I go there I do want to mention that the big question around the durability of weight loss surgery is dependent on two factors. Number one is genetics, which as you know, your set point, your body frame and all of that about which you really cannot do much about. The other factor is your lifestyle, it is your mind, body and soul habits that are creating your lifestyle. Your lifestyle has a 90% influence on where your weight is going to be in the long term, something to keep in mind. You can't change much of your genetics but you can certainly change your lifestyle and that's what holds a significant power over the eventual weight that you will carry in the long term. There are four key causes of weight regain after surgery: 1. Medications. Medications, for example antidepressants, can sometimes impair your metabolism and create issues. Long-term use of Nexium or Somac or acid-reducing medications are also known to have been associated with weight regain. 2. Food additives. I see a lot of people that are obsessed with portion control. Yes, portion size has some bearing but what is more important is the quality of foods that you are consuming. Are they mostly processed foods? Are they rich in artificial flavours? Are they high in sugars? Do they contain chemicals and preservatives? These factors are more important than simply just portion control. 3. Inactivity. What is the level of exercise that you engage in? 4. Injury. If you have suffered an injury of some sort, especially a musculoskeletal injury or have arthritis in the joints this would inhibit you to exercise as frequently as you should to prevent weight gain. 1. Diet, as previously mentioned. Your diet should predominantly be whole-food and plant-based. I'm not trying to state one should just become a vegan or a vegetarian because I don't believe in those terms. As I've said, vegan means you don't consume any dairy but what is important to understand is sugar is vegan, beer is vegan, alcohol is vegan. So, vegan by itself has little meaning with respect to weight loss. I want you to focus on 80% of your diet being whole food plant-based diet which means your daily intake consists of fruits, vegetables, nuts, seeds and beans which are great sources of protein. Yes, you can have a little bit of chicken, you can have a little bit of fish, no problem with that, but understand that predominantly, you need to have a whole food plant-based diet. 2. Water intake. Your body is 63% water. If you're not keeping yourself hydrated your metabolism cannot function optimally. So, keeping a track of your water intake by having a water bottle which is about a litre to litre and a half every day. 3. Sleep. Making sure that you get good six to eight hours of sleep is very important which means avoiding caffeinated drinks at least six to eight hours before going to sleep. Avoid using screens because it interferes with the hormone, melatonin, which is your sleep hormone. The blue light which emits from the devices or the screens actually interferes with melatonin secretion which can affect your sleep. So, having calm lighting in your bedroom, also making sure that you read something or sometimes doing meditation - whatever works best for you. 4. Stress management. We all have different levels of stress in our lives. It's not about whether you have stress or not. What is more important is how you handle the stress, regardless of whatever the triggers are, whether it's a relationship, your boss, your co-worker, whatever or whoever it is, if you are stressed out or in a negative emotional state you tend to make poor food choices. That's simply how it translates, so it's very important to keep that in mind. 5. Exercise. Exercise does not mean doing a little bit of gardening, doing a bit of laundry, doing a bit of cooking; no. Exercise time has to be a dedicated time, you need to get in your exercise clothes and your heart rate needs to increase and you need to sweat. That's what I call exercise. Having a good rough guide so you have a goal (depending on your age) with what heart rate you need to reach to exert & expend energy. I recommend up to 20 minutes. That's all you need, 20 minutes of exercise, whether it's high intensity or it is resistance training or it's on the exercise bike. You choose based on your consultations with your personal trainer. 6. Self-care. Now, what do I mean by self-care? Self-care does not mean going for a manicure or a pedicure; no. Self-care means you got to know yourself. What are your triggers? What is it that causes you to go for food in an unhealthy, reactionary way? What is it that mucks up your relationship with food? See these are bigger questions to answer rather than saying something such as: "I'm just going to go on a shopping spree because that makes me happy". That may contribute to self-care but on a very, very superficial level. So knowing yourself, understanding what your drivers are, what is it that pulls you down, that's what I call connecting with your real self. 7. Developing a morning hour of power. Now, what do I mean by that? Having a sacred time for yourself that is quarantined just for yourself. What that does is, and I prefer the morning hour, it allows me to develop a schedule for myself. I get up in the morning usually around 5 am and I do meditation for 20 minutes, I then do some exercise for another 20 minutes which may be a combination of yoga and running. The last thing I do is listen to some uplifting music for 20 minutes. You could make up your own routine but that hour allows you to develop a foundation so that whatever happens during the course of the day you are able to handle it. It will help you feel grounded during the course of the day, so if that if a passing snarky remark that is normally a trigger happens it will actually allow you to respond rather than react. Understand this friends, weight regain is a big concern on many people's minds after weight loss surgery and revisional surgery is not an easy answer. It may or may not allow that sustained success unless you have addressed these seven key points that I have suggested above. So, I hope you have got value out of this article, and thank you for your time. Take care and stay safe.



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