

# BARIATRIC DIGEST

BARIATRIC NEWS FROM THE  
SURGICAL WEIGHT LOSS CENTER OF UTAH  
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(866) 602-THIN (8446)

## Digest Dialogue

### The Necessity of Exercise with Weight Loss Surgery

By Brooke Baker, Exercise Physiologist

The program has been designed to be a multidisciplinary program that is intended to help the patients step forward from their initial decision. This allows them to adjust their way of life post-operatively. Patients are educated from their original informational session that obesity is a multi-factorial disease and that extreme lifestyle changes are required for the weight loss procedure to be successful.

With bariatric surgery, there is a tremendous decrease in caloric intake. There are several factors affected, as a result. After weight loss surgery, the body responds to this reduction by increasing the effectiveness of absorption of calories. Furthermore, there is a loss of lean muscle mass in addition to the loss of fat mass. As weight loss occurs, a reduction in caloric expenditure also takes place. This is because the body now has less mass that is physically in motion with any given activity. If the patient is not cooperative with their diet or exercise program, the results can lead to a less than optimal weight loss or even weight regain. A regular exercise program involving both aerobic and resistance training, helps to increase resting metabolic rate (RMR) and ensures maintenance of lean muscle mass.

The exercise program is initiated pre-operatively to strengthen the heart and lungs. Pre-operative exercise can also help reduce fat around the liver, which aids in a less invasive procedure. The pre-operative exercise program consists of aerobic conditioning, allowing the patients to progressively increase their activity level to 30-45 minutes, 4-6 days per week. In order for it to be of any value, this prescription needs to be implemented at least two weeks before surgery. This is critical in minimizing pre-operative complications.

During the patients' stay in the hospital, they are required to walk every waking hour to avoid the possibility of clots and pneumonia. Upon discharge they are encouraged to begin daily progressive walking. Two weeks after surgery, the patients have recovered adequately from surgery and are suggested to begin their post-operative program. At three months, the patients return for a follow-up. At this time, they are advised to begin a strength-training program, to help prevent muscle loss.

It is critical that the patient exercises post-operatively in order to maintain weight loss after surgery. To continue to monitor the patients' overall health status, follow-up consults are scheduled on a semiannual basis.

Education is the key to helping our patients have a successful journey through weight loss surgery. It is essential that we are consistent in educating, from beginning to the end, each and every patient.

#### References:

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## About the Author

**Brooke Baker, BS**  
Exercise Physiologist



Brooke is from Draper, Utah. She graduated from the University of Utah with a Bachelors degree in Exercise and Sport Science. She is BLS and ACLS trained. The thing Brooke loves most about her job is seeing the wonderful rewards that come with exercise and a healthy lifestyle.

## Introducing Our New Surgeon:

**Dr. Daniel Cottam**



Dr. Cottam received his medical degree from the University of Texas. He completed his residency at Nassau University Medical Center in Long Island, New York. It was there his interest in bariatric surgery began. After residency, he did a two year fellowship at the prestigious Mark Ravitch/Leon C. Hirsch Center for Minimally Invasive Surgery at the University of Pittsburgh. He comes to us from Las Vegas, Nevada, where he specialized in bariatric surgery (including gastric bypass and laparoscopic adjustable banding), abdominal wall reconstructions, and complex revisional bariatric surgery. He was one of the first in the nation to begin doing revisional endoscopic bariatric surgery. Dr. Cottam is very committed to research of obesity and metabolic dysfunction. We are excited to have him as the newest member of the team.