

Web Sites

American Obesity Association -- research, discrimination, community action, prevention, treatment, statistics and personal stories related to obesity.
www.obesity.org

American Society for Metabolic and Bariatric Surgery (ASMBS)
<http://asmbs.org/patients>

Bariatric Eating – recipes.
www.bariatriceating.com

Life After Surgery
(Gundersen Health System)
<http://www.gundersenhealth.org/services/weight-management/bariatric-surgery/life-after-surgery/>

ObesityHelp -- founded in 1998 as a peer support community to help those faced with life threatening morbid obesity.
www.obesityhelp.com

Weight Loss Surgery – helpful links to authoritative information about all types of weight loss surgery.
<http://www.nlm.nih.gov/medlineplus/weightlossurgery.html>

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

Call (608) 775-5995 or
(800) 362-9567, ext. 55995

Visit us online at
gundersenhealth.org/libraries

Email:

mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

Bariatric (Weight Loss) Surgery Resources

John & Nettie Mooney Libraries

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Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

GUNDERSEN
HEALTH SYSTEM®

Books

Bariatric surgery materials have call numbers beginning with BB 333.

Before & after: living & eating well after weight loss surgery / Susan Leach. (2007)

The big book on bariatric surgery: living your best life after weight loss surgery / Alex Brecher. (2014)

CookWise: a cookbook created for Foundation Bariatric Affiliates' WeightWise Bariatric Program, Vol. 1 / David Fouts. (2006)

Dying to change: my really heavy life story: how weight loss surgery gave me hope for living / Katie Jay. (2006)

Eating well after weight loss surgery: over 140 delicious low-fat, high-protein recipes to enjoy in the weeks, months, and years after surgery / Patt Levine. (2004)

The emotional first + aid kit: a practical guide to life after bariatric surgery / Cynthia L. Alexander. (2009)

Exodus from obesity: the guide to long-term success after weight-loss surgery / Paula F. Peck. (2012)

It ain't over 'til the thin lady sings: making your weight loss surgery a lasting success / Michelle Ritchie. (2007)

Never goin' back: winning the weight-loss battle for good / Al Roker (2012)

Outpatient weight-loss surgery: safe and successful weight loss with modern bariatric surgery / Kent Sasse. (2009)

The patient's guide to weight loss surgery: everything you need to know about gastric bypass and bariatric surgery / April Hochstrasser. (2009)

The real skinny on weight loss surgery: an indispensable guide to what you can really expect / Julie M. Janeway. (2007)

Recipes for weight loss surgery success: starting your journey step-by-step / Chef Dave Fouts. (2011)

Recipes for life after weight-loss surgery: delicious dishes for nourishing the new you / Margaret M. Furtado. (2012)

Success habits of weight-loss surgery patients / Colleen M. Cook. (2012)

Small bites: daily inspirations for weight loss surgery patients / Katie Jay and Julia Persing. (2007)

Weight loss surgery: finding the thin person hiding inside you / Barbara Thompson. (2008)

Weight-loss surgery: is it right for you? / Merle Cantor Goldberg. (2006)

Weight loss surgery cookbook for dummies / Brian Davidson. (2010)

Weight loss surgery workbook: deciding on bariatric surgery, preparing for the procedure, and changing habits for post-surgery success / Doreen Samelson. (2011)

Support Groups

Bariatric Support Group - One Year Plus -- every month a topic relating to life after bariatric surgery is covered.

Bariatric Support Group - Less Than One Year -- for patients considering bariatric surgery or patients in the first year after the surgery.

Understanding Your Weight Management Options -- a FREE seminar tailored to give you information on all weight loss options offered at Gundersen Health System.

Call (800) 362-9567, ext. 50055 or email bariatricsurgery@gundersenhealth.org for information about these support groups.