Library Materials

- Renew for 4 weeks, unless needed by another library user
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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

April 2019

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


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


Bariatric (Weight Loss) Surgery Resources

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

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Books

Bariatric surgery materials have call numbers beginning with BB 333.


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)


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)


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 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)


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


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


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.