

FREE GUIDE

- Letter from Dr. Kuri
- Long-Term Weight Loss with the Lap Band
- A Guide to Eating
- Get Physical
- The 10 Lap Band Rules
- Success Stories
- Lap Band Package
- Glossary



DR. KURI & ASSOCIATES

THE #1 CHOICE FOR LAP-BAND® SURGERY

FREE GUIDE TO LAP BAND SURGERY

DR. KURI'S FREE GUIDE TO ACHIEVING LONG-TERM WEIGHT LOSS SUCCESS WITH THE LAP-BAND®

Dr. Kuri and his team have helped nearly 5,000 patients to lose weight, gain more control over their eating habits and improve their lives with the use of the LAP-BAND®.

Dr. Kuri performs all surgeries along with his highly experienced medical team, and our follow-up care is unmatched. What sets our patient experience apart is the commitment of Dr. Kuri and his entire staff to your success - we take pride in providing care before, during and after surgery.

The Lap Band® System

A Minimally Invasive, Adjustable and Reversible Weight Loss Solution
asdf



ABOUT THE LAP BAND® SYSTEM

The LAP-BAND® Adjustable Gastric Band is the top surgical procedure used by surgeons to treat severe obesity. It is minimally invasive, has fewer risks and side effects than other obesity surgeries, and is effective in providing long term weight loss.

The LAP-BAND® is approved by the FDA as a surgical treatment for obesity, and is the only weight loss treatment that is adjustable and reversible. Surgeons don't cut, staple, or bypass any portions of the stomach or intestines, as done with other weight-loss surgeries. The band is surgically placed around the upper part of the stomach, forming a small gastric pouch to limit food intake. This causes a sensation of fullness that lasts.

The band is held in place by minimal stitching and is connected by tubing to a port, which is located under the skin below the rib cage. After surgery, the inner surface of the band is inflated or deflated with saline solution to help optimize restriction and the rate of weight loss. This fill level is adjusted through the port access as needed.

Take control of your weight and your life today.



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FROM THE DESK OF DR. KURI

I want to congratulate you for taking the important step of learning how you can improve your health and quality of life with the LAP-BAND System. My team has helped over 3,300 patients to lose weight, gain control over their eating habits, and improve their lives with the use of the LAP-BAND. I perform all surgeries along with my highly experienced medical team and our follow-up care is unmatched. We are committed to our patients' success and provide support before, during, and after surgery.

In my opinion, the LAP-BAND is the best choice of bariatric surgeries available, because it is the least invasive and has a solid track record of success. Unlike the more aggressive weight loss surgeries, the band doesn't alter your anatomy nor does it affect your ability to absorb the nutrition your body needs. The LAP-BAND simply limits the amount of food you can eat by providing an early sensation of fullness. And, with the LAP-BAND's unique feature of being adjustable, we can change the amount of restriction you have at any time with a simple office procedure.

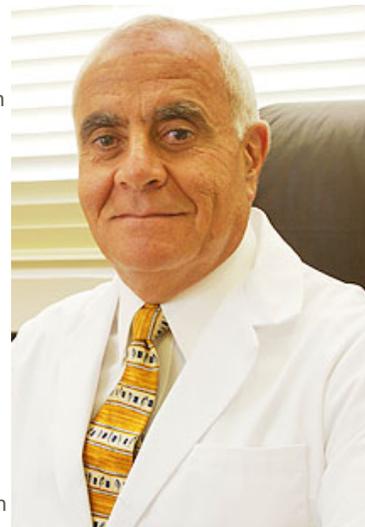
One of the joys of my job is when I see my patients after they've lost 30, 50, 100 pounds or more and they tell me how they have been able to stop taking medication for diabetes and high blood pressure, and how their other health issues have improved or gone away because they've lost that excess weight. I'm always inspired when they share how they are living their lives more fully and doing things they couldn't have dreamed of before.

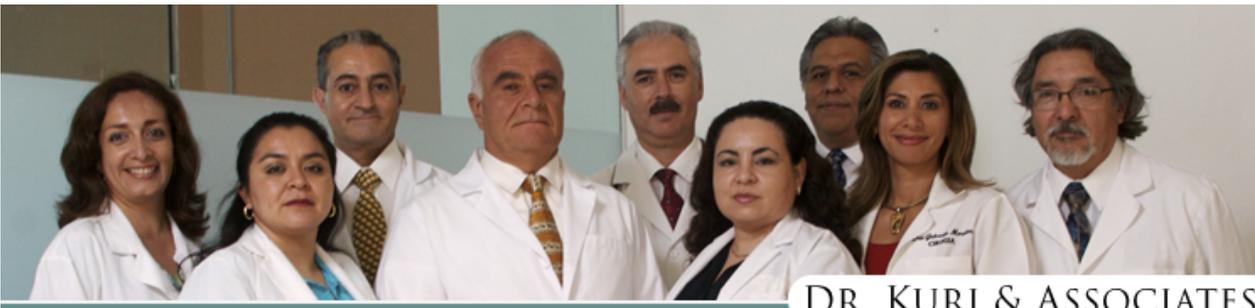
If at any time you require additional information about the LAP-BAND, my staff is here for you. I invite you to talk with one of our facilitators about their experience, the surgery itself, and to find out if the LAP-BAND is the right tool to help you live your best life.

To your continued search for improved health and happiness.

Sincerely,

Dr. Pedro Kuri





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THE JOURNEY TO EFFECTIVE LONG-TERM WEIGHT LOSS WITH THE LAP-BAND

Surgery is just the first step on the road to successful and sustained weight loss. The surgery itself, however, does not magically shed those extra pounds. The Band helps patients lose weight by limiting food intake, reducing appetite, and slowing digestion.

Success with your LAP-BAND depends entirely upon your understanding of and commitment to your responsibilities in adopting and maintaining a new eating pattern and lifestyle. We will provide you with all of the information you need along with tips to keep you motivated. The rest is up to you.

Your journey as a Bandster is about much more than just weight loss. The goal is to improve your overall health so you can live a more active life and avoid or minimize many of the obesity-related illnesses and disabilities. And when you experience how much better you feel as the pounds melt away, it is something to celebrate!



The following pages will fully explain how the LAP-BAND will change your life. In a nutshell, here are the basic concepts that you must adopt in order to live successfully and comfortably with the Lap Band.

- Eat nutritious fresh foods with a focus on protein
- Do not drink any liquid while you eat and for an hour afterwards
- Chew your food thoroughly and eat slowly
- Pay attention to when you feel full and stop eating
- If you feel hungry between meals, eat a small, healthy snack
- Drink at least 2-3 quarts of fluid daily
- Avoid high calorie liquids
- Get at least 30 minutes of exercise daily



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A GUIDE TO EATING

Successful Bandsters understand how to eat well, enjoy their meals and all the while be considerate of their Band and their bodies. Learning what foods are Band-friendly is key to your success.

Good Band foods include soft, high-quality meats, fish, chicken, fiber cereals, baked crackers, non-fat dairy products, fruits and vegetables. When it comes to food, the goal is to eat solid, nutritious food that will fill you, and pass through the pouch slowly. This is not a diet—it isn't about eating as few calories as possible, but rather eating enough to maintain good metabolic function and to meet nutritional needs.

There are a number of excellent snacks to choose from that include soft beef jerky, low-fat string cheese, low-fat yogurts, low-cal fruit pops, apples, and hard boil eggs. As a Bandster, your support group will also give you healthy recipes and snack options.

Yes, you can enjoy eating out...

Being Banded doesn't mean you can't enjoy a night out on the town. One of the wonderful things about being Banded is that you don't have to diet! Your pouch has a limited capacity, however, so you must be selective about the foods you choose. Here are a few helpful tips when eating out.

Choose quality restaurants. Avoid fast food places and all-you-can-eat buffets. Fast food places sabotage your efforts because the food is prepared without consideration of quality or nutritional balance.

It's all about portions. Consider ordering an appetizer for your entrée. Eating only what you have placed on your plate is very helpful in staying on track.

Ask for a "To-Go Bag" when you first order. Out of sight, out of mind, and goodies for later! To help minimize temptation, put all but a small Bandster portion in the to-go bag so it is out of sight before you start enjoying your meal.





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GET PHYSICAL

Being active is essential for Band success, both short-term, and long-term. If you have serious health problems, please obtain your family doctor's approval to start a gentle exercise regimen.

If you have been fairly sedentary, a 15-30 minute walk every day is a good start. Then, increase a bit every week, until you can add more strenuous exercises.

The goal is not to become a heavily-muscled body-builder. You simply want moderate exercise to improve 'lean muscle tone'. If you follow a well thought-out exercise routine with an end objective in mind, coupled with a sensible diet, not only will you improve your general cardiovascular or strength fitness but you will keep those unwanted pounds off.

STAY MOTIVATED

Only one-third of those who begin an exercise program are still exercising by the end of their first year. The good news is that with some strategizing and planning, you can beat the dropout odds and make a successful transition to a lifestyle that incorporates exercise. Here are some tips to help you stay motivated:

👉 Find a Fitness Partner

Studies show that exercise adherence is generally greater if the family or a friend is included in the commitment to exercise. Find a walking partner, play tennis with your spouse, or go rollerblading with the kids.

👉 Start an Exercise Log or Journal

An exercise log or journal is an excellent way to chart your progress and provide motivation. Nothing beats the feeling of success as you read through your accomplishments. ☐ Schedule Your Workouts Exercise must be a priority in order to establish it as a lifestyle practice. Make time for your workouts and schedule them on your daily calendar or planner.

👉 Be Careful of the Scale

Ask yourself, "How often has stepping on the scale in the morning ruined my day?" If you're answer is "often," consider whether or not you should give that little machine such power over you.

👉 Entertain Yourself

If you exercise alone, consider listening to your favorite music or books on tape to help keep you entertained during your workout. Many pieces of exercise equipment have racks that fit onto the console to hold reading material. If you exercise at home, turn on some music or bring the television within viewing range. Make it fun!

👉 Make Exercise Non-Negotiable

Think of exercise as something you do without question, like brushing your teeth or going to work. Taking this lifestyle perspective will help you make exercise a regular habit and will help you live a long and productive life, and avoid inactivity-related illnesses.

The true goal of Banding is a healthier and longer life!





THE 10 LAP BAND RULES

The 10 Lap Band Success Rules are very important to follow in order to successfully lose weight with the Lap-Band. The Lap-Band rules, for most, take some time to adjust to. Think of a baby just learning how to eat on their own. You will need to adjust habits that took you a lifetime to learn. It is very important that you, as the patient, become very familiar with these rules and follow all, not just some, but all the rules for your continued success as a banded patient. It is possible for a patient to "eat around" the rules by making poor food choices, or not making the lifestyle changes necessary to become successful. This will only lead to disappointment down the road. If you are having trouble following the rules, we are happy to assist you.



It is a good idea to put a copy of the band rules on the refrigerator as a reminder, so you are able to refer to them often. If you encounter a slow weight loss period, or a change in the restriction of the band, it is helpful to refer back to these basic rules to get back on track.

The Basic Lap-Band Rules

1. Eat only three main meals a day, plus two planned snacks.
2. Eat slowly, taking pea-sized bites, and chew thoroughly until your food is a mushy consistency.
3. Stop eating as soon as you feel restriction from the band. This will feel different from the "full" sensation you had prior to your surgery.
4. Do not drink with meals, or for one full hour after eating.
5. Do not eat between meals, or planned snacks.
6. Eat a variety of high quality nutritious foods.
7. Consume recommended amounts of fiber daily.
8. Drink 64-100 ounces of non-caloric fluids between meals.
9. Do not drink carbonated beverages of any kind.
10. Exercise 30-60 minutes on most days.

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SUCCESS STORIES

Don't just take our word for it. See what our patients have to say!

Here's just a few of the many [Success Stories](#) we've received from Dr. Kuri's patients.

Fran, Patient Facilitator | Lost 130 lbs

Washington, USA

Surgery Date: December 17, 2005

"I am no longer invisible, less than, or defined by my weight."



Angelia, MD | Lost 90 lbs

Oklahoma, USA

Surgery Date: January 13, 2005

"I owe this man my life for giving me the tool to become the healthiest person I can be."

Cathy G. | Lost 105 lbs

Seattle, USA

Surgery Date: December, 6, 2003

"Getting a Lap-Band was the best thing I ever did for my health."



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LAP BAND SURGERY PACKAGE

**TAKE CONTROL OF YOUR WEIGHT AND YOUR LIFE.
CALL US TODAY AT 1-888-517-3592**

Find out more about this minimally invasive procedure that can help you improve your health, reduce your risk of developing associated medical conditions, and enhance the quality of your life.

The package includes:

- ✚ Transportation to and from the San Diego International Airport
- ✚ Pre-operative testing and examinations
- ✚ The surgical procedure
- ✚ 2 nights Hospital stay
- ✚ 2 nights stay at the Hotel Palacio Azteca
- ✚ Free fills for life!



Hospital Angeles

The recently completed \$70 million dollar Hospital Angeles is a full-service facility featuring the most advanced medical equipment, a fully functioning Intensive Care Unit, Cardiac Care, Blood Bank, MRI, CT as well as Emergency Services. Here you will stay in a patient suite which includes a private bathroom, Cable TV with DVD, and a safe for your valuables. A small day bed as well as a recliner in each room is provided for your companion to stay with you at no additional cost.



Hotel Palacio Azteca

The LAP-BAND package includes up to two nights stay at the Hotel Palacio Azteca. This 5-Star hotel, located in close proximity to the Hospital Angeles and the USA/ Mexico border, is extremely comfortable with wonderful hospitality. The resort-like grounds include a business center, swimming pool, gym, restaurant, and bar available to all guests. The hotels' 200 rooms come equipped with a bathtub, shower, safe-deposit box for valuables, cable television, and air-conditioning.

"GET THE BAND NOW! DON'T WAIT - Everyday thin is another day you can live!" - Polarbear Mike (Lost 215 lbs)



GLOSSARY OF TERMS

Here are a list of terms that will be helpful to understand as you learn about the Lap Band.

Adjustable Gastric Banding (AGB) - This is the generic term for the banding process.

Aftercare - A general term comprising the ongoing post-surgical fluid adjustments to the band, fluo- roscopy, and nutritional counseling most patients receive.

Bandster - A person who has undergone the LAP-BAND or Swedish Adjustable Band as a Weight Loss Surgery.

Fill - A syringe injection of saline into the sub- muscular port in order to increase the pressure of the band around the stomach. This is the process that allows doctors to adjust the pressure of the band, thus affecting the amount of food patients are able to eat and how quickly their food drops into the lower portion of the stomach. Fills are first given 6-8 weeks post-op. Most patients find that they need several fills before feeling a significant level of restriction.

Fluoroscopy - A video x-ray procedure that makes it possible to see internal organs in motion. As far as banding goes, this involves swallowing a barium liquid and having the doctor watch its pro- gress to the lower stoma, to ensure the patient isn't over-restricted.

Laparoscopy - A surgical procedure in which a tiny scope is inserted into the abdomen through a small incision(s). This procedure minimizes surgical risk, recovery time, and long-term scarring.

PB - Productive burping. This is a 'Bandster' term that refers to the regurgitation that most Band- sters will experience at least once in their Bandster lives when we've eaten more or larger pieces than can be passed through the stoma. Since the food has not been digested, there is no odor, stomach acid, or retching involved but there may be a varying degree of phlegm that accompanies it. PB episodes may last anywhere from 1 minute to two hours, depending on the individual and circumstances.

Port - The subcutaneous dangle at the end of the tube connected to the band. This is where the surgeon will inject fluid in order to increase pressure on the band.

Pouch - This is the small "upper stomach" that is created when the band draws the entire stomach into an hourglass shape. This is where your food will go after swallowing, where it will slowly pass through the stoma into the lower stomach and proceed through the digestive tract.

Stoma - Artificial openings between two cavities or canals. In this case, it is the passage from the upper pouch and the rest of the stomach.