

BroadcastMed | What can weight loss patients expect on their first visit to the psychologist?

SHIRLEY A. GAZABON-CAMARGO: Psychologically, when patients undergo and make a decision to undergo weight loss surgery, they have made a commitment to live a healthier lifestyle. They often come to me wanting guidance, psychologically speaking, on what kind of things they could do cognitively, behaviorally, to support their weight loss goals.

As part of the psychological consultation, patients receive a thorough evaluation of their emotional stability, their ability to cope with stress, their ability to adapt to the pre and post surgical process. Typically, the session--consultation with me takes about 45 to 50 minutes. Patients will have direct recommendations from me at the end of the evaluation with regard to any of those areas. And follow up services are available to assist in coping with the adjustment to bariatric surgery.