



**The FACE WEIGHT LOSS Program NEWSLETTER Number 4**  
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Two recent medical studies comparing obese people who had Weight loss surgery (WLS) with control groups of obese people that did not have WLS showed for the first time that **WLS significantly extended the longevity of the WLS groups**. A study at the University of Utah showed that the **mortality rate improved by 40% for the group of patients that had WLS**. This group also had a significant reduction in rates of heart disease, cancer and diabetes.

**A study in Sweden found that obese people who had WLS had 29% improved mortality**. The Swedish study also found that WLS patients kept off between 14% and 25% of their weight 10 years post surgery. George Bray, chief of the division of clinical obesity at the Pennington Biomedical Research Center at Louisiana State University, and editorialist of the New England Journal of Medicine noted, “The question as to whether intentional weight loss improves life span has been answered... The answer appears to be a resounding yes.”

While WLS is not likely to become as commonplace as cholesterol lowering drugs are used to increase longevity in heart diseased patients, the larger medical community may now take note that WLS is an effective tool for helping obese people lose significant amounts of weight and improve their health, leading to living longer.

**How many times have you been told by a doctor that your health and life expectancy are greatly compromised by your weight?** We repeatedly have been told by physicians, family members, and friends that our life is dependent on losing weight. Unfortunately, in the day-to-day struggle to manage cravings and compulsions, the acute awareness that our behaviors are detrimental to our health often only fuels the burning desire to fill up on forbidden food. These scientific studies speak to the positive trend that WLS is an effective approach, but each individual person struggling with obesity faces the difficult choice as to whether to pursue WLS given the significant risks as well as rewards.

At **The FACE WEIGHT LOSS PROGRAM** we will be your emotional coaches throughout the process of deciding if WLS is right for you. We can review the types of surgery, the risks, the expected outcomes, and help you prepare emotionally, mentally, and physically. If WLS is not right for you at this time, we can help you use the best and newest medical and nutritional information along with our expertise on motivation and behavior to find answers to the challenges of losing weight.

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