

NEW RELEASE

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PAULA F. PECK, R.N. REVEALS LIFESTYLE CHANGES REQUIRED AFTER WEIGHT LOSS SURGERY IN NEW BOOK;

***EXODUS FROM OBESITY; THE GUIDE TO LONG-TERM SUCCESS AFTER WEIGHT LOSS SURGERY* IS BASED ON MS. PECK'S PERSONAL AND PROFESSIONAL EXPERIENCE. IT PROVIDES THE INFORMATION, ENCOURAGEMENT AND GUIDELINES FOR MAINTAINING LONG-TERM SUCCESS AND HAPPINESS AFTER WEIGHT LOSS SURGERY.**

AUTHOR LOST 175 POUNDS TWICE IN HER LIFE, ONCE UNSUCCESSFULLY THROUGH DIETING AND NOW SUCCESSFULLY FROM GASTRIC BYPASS SURGERY, MAINTAINING THAT WEIGHT LOSS FOR 5 YEARS.

WOODBIDGE, Virginia -- March 1, 2004 – BP Publishing announced today the release of *Exodus*

From Obesity; The Guide To Long-Term Success After Weight Loss Surgery by Paula F. Peck, R.N.

Written for gastric bypass surgery patients, potential patients, and their loved ones, parents and friends.

This book is a clear, easy-to-read guide for obtaining long-term success and happiness after weight loss surgery

In 2003, it is estimated that 102,000 weight loss surgeries were performed in the United States. It is one of the fastest growing segments in the medical community.

“Weight loss surgery is not an answer in itself,” states Paula F. Peck. “It is, however, the most effective *tool* for achieving long-term weight loss success for the morbidly obese. Too often, however, I have seen patients regain much, if not all, their weight after undergoing this major surgical procedure. They were ill

prepared to meet the challenges they will face *after healing*, when their hunger returns. Many of the old rules no longer apply to us. There are books and pamphlets available that instruct about the gastric bypass procedure and teach the basics of surgical preparation. Rarely addressed by others, however, are the lifestyle changes needed to achieve long-term success. That is the purpose of my book.”

“Many patients lack self-esteem and have never developed their social skills after a lifetime of obesity,” continued Ms. Peck. “Many think of themselves as still being fat despite their new body image. Food events, such as, holidays, celebrations and parties can be perilous. Many are uncomfortable and feel self-conscious in social situations. Newfound sexual intimacy is often awkward. Some old relationships with others can become detrimental by undermining their progress because of the jealousy, resentment and insecurity of their spouse, family or friends,. The husband of one patient actually held a pizza under her nose while she slept.”

In *Exodus From Obesity*, Ms. Peck provides the information, encouragement and guidelines for maintaining long-term success after weight loss surgery. Ms. Peck interweaves intelligent discussion with humorous stories about herself and individuals that have faced diet after diet and ultimately chose the gastric bypass procedure.

Based on scientific research and reflecting Paula F. Peck’s many years of personal and professional experience, this clear, authoritative guide provides readers:

- A thorough, step-by-step approach for undergoing gastric bypass surgery.
- Lifestyle changes necessary AFTER surgery for maintaining long-term weight loss.
- Tips for preventing binge eating when hunger returns.
- Description of the Dumping Syndrome and how to avoid it.

- Skills for dining out at restaurants, salad bars and parties.
- Identification of the triggers that set off out-of-control eating.
- Approaches for overcoming self-defeat.
- Ways to change a distorted self-image.
- Methods for restructuring relationships and dealing with sexuality.
- New attitudes for raising self-esteem and celebrating a new life.

A Registered Nurse for over thirty years, Ms. Peck's knowledge and experience encompass bariatrics, medical, surgical, cardiac, obstetrics, psychiatry, orthopedics, and cosmetic surgery.

As Clinical Nurse Manager for bariatric clinics performing gastric bypass surgery within Tenet Healthcare Corporation's Tenet HealthSystem, Ms. Peck was the primary liaison to patients for preoperative and postoperative education. Key responsibilities included: preoperative preparation classes, postoperative behavior modification and nutrition classes, and managing weekly support group meetings. She created a Sensitivity Training Program for hospitals for promoting more humane and sensitive treatment of the obese patient.

Ms. Peck is an accomplished public speaker, weight loss surgery support group leader and author and her professional experience includes lifestyle changes, behavior modification, stress management, time management, exercise, nutrition, addiction theory, and attitudinal changes.

Ms. Peck holds a license by the California Board of Registered Nurses and the Commonwealth of Virginia. She is a member of the American Society for Bariatric Surgery (ASBS), International Federation for the Surgery of Obesity (IFSO), National Certification Board for Massage Therapy and

Bodywork, American Massage Therapy Association, and the National Association of Nurse-Massage Therapists. She has served on committees in Obstetrics, Nurse Management, Anesthesia, and Risk Management.

Paula F. Peck is available for interviews.

Her Web address is www.paulapeck.com

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(A media kit and photos are available on request.)