

First Name: Michael Keihn From (optional): Mason City, IL

Surgery Date: 10-25-10 Weight Loss (number of pounds): 135

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.):

I no longer take blood pressure meds + I am no longer diabetic. My knees no longer ache from the extra weight.

1. What was your motivation to pursue surgery?

To feel better, look better, to generally have good health to see my grandkids grow up. To get off some medications.

2. What were your goals at the start of the program/process?

My goal weight was 145 and my major goal was to possibly win the fight against diabetes.

3. What are your biggest accomplishments?

I am healthy, my knees no longer ache, I have tons of energy and it made me a better person with a great outlook to a long healthy life.

4. What message would you give to someone just starting out in the program/process?

Do not become discouraged, this will not happen overnight. It is a lifelong change that will become a way of life. You must be disciplined + follow all the rules.

5. How is life different now compared to life prior to your experience with Memorial Bariatric Services?

I can do things like taking a walk without my knees hurting, I have more money because I am not spending it on medication and doctor visits. I feel good, I look great + I appreciate life.

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