

First Name: REN From (optional): CENTRALIA, IL

Surgery Date: 8-9-2010 Weight Loss (number of pounds): 200

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.): Was taking 7-8 different blood pressure medicine, NOW I'm down to 2! A lot less knee pain!

1. What was your motivation to pursue surgery?

No matter what diet I tried I couldn't stick with it. I had quit golfing, couldn't hardly stand to walk very far because of the pain in my knee. Was up to almost 400 lbs.

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

Wanted to lose the weight I carried around so long (most of my life). Learn to eat healthy and maintain a lower BMI.

3. What are your biggest accomplishments?

Losing 200 lbs to start with! Keeping it off (going on two years). Improving my eating habits.

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

Go for it! The staff at Dr Hammers office are amazing along with everyone at Springfield Memorial. It's a life changing accomplishment.

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

Getting out doing more traveling, exercising, golfing. I no longer suffer from the knee and foot pain. I had before I have a lot more energy and enjoy getting outside and working in the yard. A lot less medical issues.

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