

First Name: Linda From (optional): Virginia, IL
Surgery Date: 7-27-12 Weight Loss (number of pounds): 37 since surgery date
66 since starting the program

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

I no longer use a CPAP machine and I am off my blood pressure medication.

1. What was your motivation to pursue surgery?

I had tried all sorts of diets in the past and always lost weight but I could never keep it off. I saw this as my last hope for keeping the weight off.

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

My number one goal was to lose weight so I would be healthier and get my self esteem back. I also wanted to be able to go into a store and pick something off the rack that actually fits me without being a "plus" size.

3. What are your biggest accomplishments?

~~Im losing weight and I feel great. Im able to exercise without stopping every few minutes to catch my breath. My self esteem is back and Im not ashamed of how I look. No more medication for high blood pressure and no more sleep apnea.~~

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

Stick to the program and listen to what all the "team members" at Memorial Bariatrics say. For me it also helped to seek outside counseling to find out the reasons why I ate so much.

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

Im losing weight and I feel great. My self esteem is back and Im not ashamed of how I look. My daughter and I exercise together and we enjoy it.



3. I don't have to shop in the "plus size" department.
I was able to go on a ride at Six Flags that I was too heavy
to ride in 2011.