

First Name: Margarita From (optional): Charleston

Surgery Date: May 9, 2011 Weight Loss (number of pounds): 135 lbs

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.):
I no longer have diabetes. My blood pressure is in normal range. I no longer wear a CPAP to sleep. No more migraines, no more back pain, no more depression.

1. What was your motivation to pursue surgery?

My overall health was getting bad. I had gotten up to 301 lbs. I was depressed and tired all the time. I had DM. I wore a CPAP to bed every night. I was nowhere near healthy. I was over 50% body fat! I knew I needed a tool to help me get control.

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

A) to not be a diabetic, hypertensive or wear a CPAP B) to lose 100 lbs C) to be able to run again like I used to D) to be happy E) to look better in my eyes (I wanted to feel comfortable in my own skin.) I have met all these goals and more!

3. What are your biggest accomplishments?

I have run multiple 5K fun runs, a biathlon and a member of a 4-person team that ran 40 miles! I cross-train 6 days a week. I am very active and proud of myself. I just registered for my first 1/2 marathon at Disney!

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

Be patient. Follow all the instructions from the Memorial Bariatric Staff - they want you to succeed! Take your vitamins and drink that protein! Eat what you're supposed to and in the portions that you are supposed to. Surgery isn't the cure-all; it's a tool.

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

OMG! My life is SO different! I am happier than ever! This tool has helped me discover that I am worth it. If I had to do it all over again, I would. This surgery is a life-saver & a life-changer. I always felt cared for at Memorial & I appreciate that.

