

First Name: Jill From (optional): SPRINGFIELD AREA

Surgery Date: 4/2/12 Weight Loss (number of pounds): 118

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.): No more blood pressure medication, cholesterol medication or diabetes medication! No more arthritis pain in my knees either! YAY!

1. What was your motivation to pursue surgery?

Too many reasons to list here. I think I finally realized it was time for me to take care of myself in order to be around to take care of the ones that I love.

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

My goals - live, laugh, love, live, live, live. I know that my life now is worth all of the hard work I've done. I am worthy of caring about myself and it's a good thing!

3. What are your biggest accomplishments?

Losing all of this weight is a big accomplishment but the process of trying to match my outsides/insides is what amazes me. The change in my mindset about myself is the best!

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

① You are worthy of doing this for yourself. ② The Team is there for you - use them. ③ Never give up. ④ Remember to care for you! Treat yourself kindly - like your own best friend.

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

It is like someone turned the lights on. I was walking around in the dark before always stumbling and skinning my knees. Now, the lights are on and I see everything so clearly!

Thank you to all of the Bariatric Team!
I couldn't do any of this without your help and encouragement!

