

First Name: Deirdre Chasten From (optional): Riverton

Surgery Date: 4-16-12 Weight Loss (number of pounds): almost 100 lbs !!

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

I have ~~an~~ much more energy, my joints do not hurt anymore.

I do not get short of breath going up stairs.

1. What was your motivation to pursue surgery?

I have been overweight all my life. My family history is horrible also.

My mother was 55 yrs old when she passed away from cardiac issues.

She was also diabetic and I did not want to follow those steps.

The other most important reason - I have 5 small children I wanted to see grow up.

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

To be a healthier me !!

3. What are your biggest accomplishments?

~~I am~~ I weigh less now than I have weighed since probably

5 or 6<sup>th</sup> grade. I have more energy to interact with my kids.

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

This is one of the most important decisions to ever be made.

There may be bumps along the road, but keep your head up

and stay positive !!!

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

I feel like there is always someone watching over me and my

health. The support + positive influence is ALWAYS there!

