

First Name: Yvette "Denise" Westhedge Carlinville IL From (optional):

Surgery Date: 2-13-2012 Weight Loss (number of pounds): 119 since 7-2011

89 since 2-2012

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.):
No longer diabetic, No more meds, normal cholesterol, more energy, better health overall
No more sore + tired (mainly) feet + knees.

1. What was your motivation to pursue surgery?
my health, my kids, needed to better my health and life overall, was tired of watching my life pass me by, enjoy my kids

2. What were your goals at the start of the program/process?
to lose weight, understand my relationship w/ food, understand nutrition + our body's needs, learn to eat better + healthier, incorporate exercise everyday

3. What are your biggest accomplishments?
I eat healthier, I exercise daily, I eat to live now food no longer consumes me, better example for my kids, better self-esteem, I love the new me!

4. What message would you give to someone just starting out in the program/process?
listen to + follow instruction from the Bariatric Staff. they know what works + will help you to succeed.

5. How is life different now compared to life prior to your experience with Memorial Bariatric Services?
OMG! Where to begin... the BEST decision I have ever made - I feel good, I look forward to getting dressed, so much more energy, I get so many compliments I love me again! I am truly happy and healthy, + owe many thanks to the Bariatric Staff.

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