

First Name: Heather From (optional): Quincy, Illinois

Surgery Date: 06/17/2013 Weight Loss (number of pounds): 110 pounds

Improvements in health (i.e. off blood pressure medications, no longer diabetic, etc.): Blood pressure and blood sugar are within normal limits. Able to keep up with seven year old daughter.

1. What was your motivation to pursue surgery?

Ankles and legs were swelling. My health in general was deteriorating. I was watching my life pass by and would make excuses to not go on rides or to the movies.

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

Understand relationship with food, Eat healthier, exercise everyday and to lose weight.

3. What are your biggest accomplishments?

Losing 100 pounds, exercising daily, not letting food consume me, increased self-esteem, more energy to spend time with daughter!

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

The Bariatric staff are very knowledgeable. They are here to help you with the tools you need to succeed on the weight loss journey!

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

I have made the best decision for me! I love the new me and look forward to stepping on the scale and seeing the clothes sizes drop. The staff has helped me step back into my life and take charge to watch my daughter grow up. Many thanks to all of the staff!

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