

April

Type of procedure: Laparoscopic Gastric Banding

Date of procedure: June 4, 2009

Weight lost: 88lbs to date

“I got back my health!”



Testimonial

What was the best part of losing weight (100 words or less): I no longer have to wear my CPAP, I have more energy, the pain in my joints is gone and I feel 20 years younger! I also know that the lifestyle changes I made have had a positive impact on the health and future of my family. I have a true passion to be fit and hope to inspire others to do the same.

Jeanne

Type of procedure: Bypass

Date of procedure: May 12th, 2009

Weight lost: 116 lbs.

“to be as healthy as possible every single day.”



The best part of losing my weight was watching every day how much my body kept changing. Looking in the mirror, not believing who I was looking at. I was a large person so long that my mind still sees the old me, it will take some time before my brain catches up with the new me. Buying sizes I haven't been in many years. Being able to walk or stand for long periods of time without my knees or feet hurting, tying my shoes with the knot in the center. Crossing my legs, able to sit in whatever chair I want to.

Katina

Type of procedure: Gastric bypass

Date of procedure: May 19Th 2009

Weight lost: 124

“the most important thing I attained from surgical weight loss was the way I look at myself”



What was the best part of losing weight (100 words or less): How much my self esteem has gone up even though I look at the clothes that I wear now and think I can't fit into those but I do. My knees have stopped hurting and people look at me different. I can sit in chairs and have space on both sides instead of being crammed into them. I can sit in booths and my tummy don't smash up against the table. I smile a lot more.

Luanne

Band November 7, 2007

Weightloss : 75lbs. and still losing

“ I feel I have been given a chance at a new life”



The best part of losing weight for me , has been feeling better physically , feeling I have more energy , and being able to exercise and do the things I want to do . I also feel better emotionally , I have more self - confidence and a feeling of accomplishment that I have never had before . I feel like I have become the person I always dreamed I could be.

Support group Leader Statement

I feel support group is an important part of the weight loss journey , it provides patients , friends and family a place to get good information and the unique opportunity to get to know other patients and hear their struggles and their successes . It is also a great way to stay focused and get motivated.

Meagan

Gastric Bypass May 2009

“I’m finally finding a joy in my life that I had no idea existed”



Before having gastric bypass surgery I sat back and watched my life happen around me. My children were growing so quickly but I just didn’t have the energy to keep up with them. I was incredibly conscious of my mass whenever I was in public, especially when I was out with my slender husband. I was never comfortable with my own self.

Now that I’ve lost 110 pounds (!) I participate in my life wholeheartedly. I do things now that I never would have dreamed of before. I ride on the back of my husband’s motorcycle and plan on getting my own soon, and I can chase my kids as they run down the street. I plan on getting my fitness instructor certification within the next six months. Me! The one that hated to sweat! I’m finally finding a joy in my life that I had no idea existed, and never would have had I not taken the step to finally have gastric bypass surgery

Support group Leader Statement

When you come to support group you’ll find people who are going through the same issues you are, and may be able to offer a new insight. You’ll have somebody who has the same fears, and who will understand your tiny victories. You’re NOT alone!

Nathan

procedure Gastric Bypass

Date of procedure 8/18/2009

Weight loss 148

“ a clean bill of health”



The best part about losing weight is feeling comfortable in cloths. Being able to sit in a booth at a diner or not being afraid having to squeeze through a crowd of people to get through. Hell I like to be able to tie my shoe without holding my breath

What was the most important thing you attained from surgical weight loss? Is a clean bill of health no high blood pressure no need for a c-pap machine.

Ramona

Gastric Bypass

February 24, 2009

152 pounds

“Living healthy and enjoying life to the fullest”



estimonial

For me getting my life back and getting healthy, I needed to take control and no one else could do it but me. I can say I was diagnose with adult onset asthma in 2006 and never knew I really had it until I was told by my family Doctor I needed to see a specialist so I did and I had to start inhalers and other test it was not fun. I can say after having my gastric bypass surgery it has made a difference I don't have to use my inhalers only on a rare occasion and I am able to breathe without getting short winded. I have so much energy, my self-esteem is fantastic and it was the best decision I have ever made in my entire life.

Support Group Leader Statement

My name is Ramona Gray and I had the gastric bypass surgery February 24th 2009. I feel it is so important to come to the support group meetings because you have someone to relate to and if there are any questions you are able to speak up freely and get them answered. I myself feel that it has been a asset with my weight lose and it makes me accountable



Sandra

Type of procedure: Band

Date of procedure: Feb. 19, 2009

Weight lost: 54lbs

“I have attained a tool to lose weight and keep it off”



I am healthier and have more energy, and the fun thing about losing weight is that I now enjoy shopping for new clothes.

Scot

Gastric Band

8 September 2009

Lost 120lbs

“I crave exercise”



I can move around easier and just generally feel like I "fit" the world better than before. I can sit in airplane seats without feeling too cramped... I can cross my legs... I can select more types of clothing.

Eating is more enjoyable now because I actually get full. If you had told me I would enjoy getting up early in the morning and exercising I would have thought you were crazy. Now I look for ways to get that little extra workout during the day. I feel better physically, psychologically, and spiritually.

Starla

Gastric Bypass

June 9, 2009

79lb wt loss (and still shrinking)

“I’ve improved my health and self respect”



Best part of wt loss is being able to enjoy life again. Going shopping holds a new place in my heart, I love trying on cloths again. Going for walks with my family, and keeping up with their pace. I love the looks on peoples faces when they haven't seen me in a while and now see so much less of me. It's an awesome feeling. The absolute greatest moment was when my 12 year old daughter said to me "mommy you are getting so tiny, you look so pretty". I would recommend WLS to anyone who is a candidate.

Teresa

Type of procedure: GASTRIC BYPASS SURGERY

Date of procedure: 07-21-09

Weight lost: 81 lbs so far

“I'VE ADDED YEARS ONTO MY LIFE”



Testimonial

The best part of losing weight is that my health problems have been solved. I was a Diabetic, I had Sleep Apnea & High Blood Pressure. This has all been resolved by getting fit with exercise, eating healthy and losing 81 lbs. so far. I have more energy now and feel like I've gained years back on my life! I feel like exercising every day and actually enjoy it! I can run and play with my Grandkids, I've regained self confidence and just overall feel good and healthy! I'm so thankful that I found out about Dr. Gornichec and that I've had the surgery.

Terra

Type of procedure: Gastric Bypass

Date of procedure: 12/29/08

Weight lost: 127 lbs (so far)

"I attained energy and confidence!"



What was the best part of losing weight: Visibility! The best part of losing weight was becoming a visible member of society. In our world, the heavier you are and the more space your body occupies, the fewer people you make eye contact with...few people start random conversations with you. It is almost as if your fat is a disease they might catch. My surgery made me more visible to the world ...and myself.

Terry

Type of procedure: Laparoscopic Roux-en-Y Gastric Bypass

Date of procedure: June 9, 2009

Weight lost: 107 pounds

“I gained the respect and appreciation of my wife”



What was the best part of losing weight (100 words or less): The best part is a return to healthy living. I was border line diabetic, had elevated Thyroid level, and was frequently out of rhythm due to Atrial Flutter. The additional pressure on my heart from morbid obesity made it impossible to exercise or to retain a normal heart rhythm. Within 60 days my weight had reduced enough that with a slight change in medication all arrhythmia stopped. It is now February 3, 2010, and the last episode of arrhythmia was July 15, 2009. By November I was able to begin exercising again, and I'm now capable of sustaining a heart rate of 120 BPM for 45 minutes with no heart issues. I can now look forward to a future with an extended work life, of being able to walk 18 holes of golf with my wife, of being able to take my grandchildren to Disney World, and of being of use in service to others, not to mention a significant reduction in my health care costs.