

*I counted steps. Everywhere I went I would estimate how many steps it would take to my next chair, it was that difficult to walk, that painful. I was a diabetic, had high blood pressure, an enlarged heart, a fatty liver, bad kidneys, and sleep apnea....and was taking all of the medication just to live each day in the body that I had abused with bad food and bad decisions.*

*The decision to have gastric bypass surgery was literally a life and death decision for me. At 43 years, I had ballooned to 359 lbs, and was getting used to watching life's parade pass by me...*

*My Gastric Bypass surgery was April of 2008, I have lost a total of 171 lbs, and although the weight loss has slowed down it is still coming off...I have been asked to list the things I do to stay healthy....I always say the same thing...I follow the rules...I remember all the reading I did before considering the surgery, I remembered the promises I made to myself and my body that if I was going to go through with the surgery that I would follow all the rules that were going to come with it...I take my vitamins every single solitary day....I see my doctor every visit, I eat the right foods, and stay away from the things that are on the lists of things not to eat and drink...it takes deep seeded discipline, but that does not mean that life is no longer fun...just different...it takes a serious commitment to yourself and your life...because the exchange for all of the sacrifices is life....so how can anyone ever complain???*

*I no longer have any of the pre-surgery illnesses and no longer on any medications....I no longer count steps I count miles...I walked each of the San Antonio Fiesta Parades this year with my High School Senior son, Edward, I also run too wherever I want and I never forget to Thank God for Dr. Nilesh Patel for giving me this second chance at life...*

*Thanks !*

*Norma*



*Norma before surgery*



*Norma after surgery*

