



**Robyn**

**Highest Weight:** 335 lbs.

**Average Weight:** 205

**Goal:** 140 lbs

**Procedure:** [Gastric Bypass](#) on June 13th, 2012

On the rare occasions that Robyn Shaw would go out with her friends, she felt as if her weight made her unapproachable. She felt it was hard to meet new people at her weight, 335 pounds at her highest, and preferred staying at home rather than going out and meeting new people. As a child, Robyn was always overweight and rarely ate anything but fast-food. To make matters worse, in 3<sup>rd</sup> grade she was diagnosed with a painful hiatal hernia and began taking heartburn medicine daily to help with the pain. When she got to high school, she realized she was larger than most the other teenagers and decided to try dieting, but it never truly worked. “I’d lose 60 pounds, then gain it all back within the year,” Robyn recalled.

When Robyn started college, her weight started adding up again, and soon she had gained an additional 60 pounds. She decided to try one last diet, and upon failing again, she started researching bariatric surgery around her area. “My aunt had been researching bariatric surgery, too, so we decided to research together,” she says. Soon, they saw Dr. Patel on their television and quickly signed up for a free weight-loss seminar with his practice, Texas Bariatric Specialists after looking at his website. “I read some reviews on Dr. Patel and I liked what I read,” Robyn said, “my friend’s mom had bariatric surgery by a different surgeon, and even she’d heard great things about Dr. Patel.”

After attending the seminar in Corpus Christi, Robyn quickly decided the bariatric surgery was the right route for her to reach her weight-loss goals. “My Aunt decided on medical weight-loss, but I knew surgery was for me.” Seeing her mother struggle with diabetes, high cholesterol, and

high blood pressure, Robyn knew she needed a drastic change and met with Dr. Patel to discuss her options with bariatric surgery. “He asked me right away, ‘what do you think?’” Robyn recalls from her meeting with Dr. Patel. “I told him that I was thinking about a bypass, and he said, ‘I think you’re right.’” Robyn had researched [Gastric Bypass](#) surgeries and was glad Dr. Patel agreed with her decision that it was the right procedure for her.

Robyn completed her clinical requirements and found out she was close to having obstructive sleep apnea syndrome. Not wanting to struggle with multiple health issues her entire life, it further cemented her goal of getting her gastric bypass and changing her lifestyle for the better. When the day came, she was prepared for her surgery, and new life. “During surgery, Dr. Patel even fixed my hiatal hernia and I feel wonderful now. I never need to take heartburn medicine,” Robyn exclaimed.

Now, a year after her surgery, Robyn’s life has changed in more ways than one. “Life is wonderful now,” she says. “The diet change was easy, it was working out that was hard to get used to at first,” she says. Though, she noticed when she didn’t work out she felt sluggish, so she made an effort to work in some sorts of physical activity when she can. “I’ve actually made a ton of new friends after the surgery!” After dropping over 135 lbs in one year, Robyn finally has the confidence to go out with her friends and not feel uncomfortable. “I used to be the one just sitting there when my friends went out and now new people come up to me, too!”