

I have struggled with my weight and health since I was about five years old. My life has been very complicated due to the fact my mother and father both are not in the best of health situations. My mother has a rare muscle disease and my father has severe diabetes, high blood pressure and has already suffered from a stroke at the age of 37. In these past few years my weight had increased to about 298 pounds. It was affecting my health and I was on several medications by the time I was 20. I was taking two pills for type 2 diabetes and blood pressure medicine. My physician told me if I did not do something soon I would probably have severe problems by the time I was 40. I then did some research about the options I had left and what would be the best way to become healthy. I then found Dr. Patel, I attended the seminar and was amazed how the gastric bypass operation had a good chance of curing type 2 diabetes and high blood pressure. So I did a bit more research and decided to have Dr. Patel perform the surgery. Today I could not be happier, I am healthy and haven't had to take any diabetes or blood pressure medicine since the day of my operation. Following the diet plan and instructions are key into not only making the operation a better success, but help your weight loss. Many people have asked me how I lost my weight so fast but I always tell them I just followed Diet and Exercise plan that Dr. Patel's office had given me. I made sure I drank plenty of protein and did not cheat or try to sneak anything not recommended during the post op. As long as you follow the plan for the surgery, you will be amazed at the results. I didn't find following these guidelines difficult because I felt this was my last chance to have a healthy and enjoyable life. I currently weigh 204 pounds and am hoping to finish getting into the best shape of my life soon. I cannot thank Dr. Patel enough for changing my life and allowing me to be in better health.

Dave



Dave before surgery



Dave after surgery