

I've been overweight all my life and feel like I have tried every "diet" out there. I always felt that bariatric surgery was a drastic approach to weight loss, but when I reached my highest weight ever, I decided to attend a free weight loss seminar at Geauga. I was quite impressed with the presentation, the amount of information that was given, and the staff. I called my insurance to find out the specifics of my policy and then made an appointment. My insurance required a six month medically supervised nutrition program which gave me more time to commit myself to the lifestyle changes that are required after surgery. It also gave me time to lose weight so I would be at the healthiest weight I could be for surgery.

I chose the gastric banding procedure. I had the surgery done 3/27/08 and have lost 10 pounds in 5 weeks. I'm thrilled with the results! I know it doesn't sound like a lot, but it's 10 pounds I probably wouldn't have lost if I didn't have the surgery. In the six months on the medically supervised diet I had only lost 12 pounds. I was always hungry. With the band, I eat three meals and two snacks a day and I don't get that terrible hungry feeling. It certainly doesn't take away the desire to have foods that aren't on the program, but it does make me feel full faster when I eat the healthy foods that are on the program. As a result, my family is eating healthier and we all feel so much better. I exercise daily, at least one hour, and have committed myself to the changes that were required for the program. I am determined to be the healthiest I can be. I want to be around and have fun with my kids and grandchildren for a very long time!

The staff at Geauga was there for me from the beginning. They assisted me with everything from insurance to what foods I was allowed to eat. It was easy to contact them either via phone or email. I also really enjoy the monthly support groups. They have great guest speakers and I can talk to others who have had the surgery.

AH 3/27/08 LAP BAND