

My testimonial of the surgical weight loss program at UH Geauga Medical Center:

A strong, supportive program and a leap of faith is what it took to turn my life around! I found the strong, supportive program at the University Geauga Medical Campus Bariatric Clinic. Although a relatively new program at the Geauga Medical Campus, I found this program to be the best suited for my situation. It offered smaller groups with more intimate care within a close proximity to my home. I had some reservations about weight loss surgery and I took my time making this important decision. The first big step was just calling to reserve a spot for the seminar at the hospital. This seminar allowed me to talk and ask questions of the surgeon, nurse coordinator, insurance counselor, and nutritionist which helped convince me to pursue the surgery further. The team of professionals involved in this program are very well trained in their field. They were able to answer all my questions about options, risks, and expectations. They led me every step of the way through insurance approval, preparation for surgery, recovery, and the weight loss journey.

I chose the Lap Band method after reviewing each option with my surgeon, nurse coordinator, nutritionist and past patients. At present I am five weeks into my post surgery period and am steadily losing a healthy amount of weight each week. My primary care physician, who is an integral part of the program, has allowed me to stop taking blood pressure and acid reflux medication! In the future I have high hopes of being able control my cholesterol without medication, and also not require a CPAP machine to get a healthy night's sleep. I have had no major problems due to the surgery so far. There are a lot of rules that must be followed for my health and success, which are constantly stressed by the team! At times it has been difficult but the professionals at the Geauga Medical Campus Bariatric Clinic are easily accessible for any problems or questions by phone or email. They also have a monthly support meeting for patients and future patients where you can learn how to live with your surgery successfully and share your successes and concerns. This is not a shortcut method to lose weight. It takes commitment. But it helps significantly with steadier results and increased success at losing the weight and keeping it off in the future. I am taking one day, one moment at a time, enjoying the journey as best I can, but excited about the destination!

SW
LAPBAND
3/27/08

testimonial to be used in connection with marketing, the internet web site for UH Hospitals and their any testimony may be edited for space and content.

5/5/08
Date

oto(s) in addition to my testimony.

Signature

Date