

Patient Stories Lisa's Gastric Bypass Bariatric Journey

My eating habits were poor. I was a meal skipper. I would exercise as far as walking every now and then, not often.

I would let my sugar drop, not intentionally, but it would drop because I was a meal skipper. And I would quickly eat something to bring my sugar back up, which would be maybe a candy bar or something sweet.

I start having the symptoms of-- a person that had high sugar-- where it was affecting my eyesight, I was thirsty all the time. So, they had to put me on medication to bring it down.

I wanted to be around for my children, my grandchildren, I wanted to see them grow up, I knew for me, that I personally had to do something to change my life.

I didn't think I would be because I didn't have all this-- a whole lot of weight to lose. And he explained to me because of my diabetes and my numbers, that yes, I was a candidate.

I had to do about six months of nutrition classes, life skill classes and during that time, they teach you how to change your life.

I had begun to change things month by month, by eliminating some things that I ate or portion control. I gave up coffee and sodas and I just drank water.

Two days after surgery, I was off my medication for diabetes, as well as my medication for high blood pressure.

I like the results from exercising. It makes me feel so much better that I know that I will continue to exercise.

I encourage anyone that has medical conditions and that could possibly help them to consider it. Keep in mind that to stay healthy, there are lifestyle changes that you do have to commit to. It's not a quick fix to lose weight.