

Patient Stories Ken's Gastric Bypass Bariatric Journey

Before I had my surgery, I was eating and drinking anything and everything at different times.

My background is really sports. I've been a professional umpire and a referee for-- since 1964 so I've been doing it a long time, and after a game the guys would go get a beer and something to eat and a pizza or a sub or whatever and another beer and so forth and that was at almost every game almost daily so it really wasn't a good thing for me.

I had picked up diabetes-- type two diabetes and I was taking a lot of medication for that. I had high blood pressure; I was taking medication for that. I had high cholesterol; I was taking medicine for that. I had sleep apnea and I was sleeping with that mask on, that-- that's-- and I had acid reflux.

We decided the gastric bypass was best for me because number one, my age and number two, that the gastric bypass allows me to lose the most weight at the fastest pace.

You have to go see your doctors, all-- your heart doctor, your lung doctor, your psychiatrist and everything so I got that all done.

You have to have a real strong support person that's going to help you through this especially after surgery.

The second day in the hospital the doctors come in, Dr. Peters, and he said, "Ken, you no longer have to take your diabetes medicine." I said, "What?" He said, "You no longer have to take your diabetes medicine." I almost cried.

I'm back playing golf, I'm back refereeing, Matter of fact, this year, I teach refereeing at the Y.

You have to cut out the crappy foods. You got to eat right, you got to eat the protein, eat your vegetables and exercise and that's the best tip I think I could give anybody is exercise.

You've got to change your way of life.