

Diabetes, high blood pressure, sleep apnea, sore knees and back, out of breath ... my poor health was out of control. I didn't want to get "cut open" in surgery and had heard about the Lapband procedure, so I attended a seminar led by Dr. Jeffrey Smith of Gratiot Bariatric Center thinking that Lapband might be for me. I learned about Lapband, but also that Roux-en-Y Gastric Bypass surgery was done as a laparoscopic procedure. I decided the gastric bypass surgery was the tool I needed to end my years-old battle with obesity and get my health under control. I was so active in sports when I was younger, but got to where I was hurting and out of breath just climbing a set of stairs. Once I made the commitment to have the surgery I changed my eating lifestyle and lost 65 pounds even before the surgery ... but was that ever a battle. I felt like I was starving. Now that I've had the procedure, I am thrilled to eat healthier and smaller portions without feeling like I'm so hungry all the time. I have lost another 100 pounds for a grand total so far of 165 pounds. I'm off my medications and healthy. I'm working out in the gym, playing tennis, racquetball, basketball, and not only can I climb the stairs but I'm running them up and down for exercise. People apologize to me after they walk by and don't recognize me, but I just say, "Don't feel bad, I love it when you don't see the old me." My physical life has been saved and renewed. I am so thankful for this bariatric tool that has helped me regain my health and confidence. Yes, I still have to work at it, but it's no longer a losing battle like in the past.

Rev. Mark D. Miller