

What Our Weight Loss Patients Say About Us

Never in my wildest dreams would I have imagined what my life would be like since having weight loss surgery.

If I were given the choice to go through it again the answer is a simple Yes!

I can pinpoint the moment I realized what I had achieved – when I was enjoying a coffee with friends and under the table I crossed my legs. I could never do that before surgery.

Prior to surgery I was happy on the outside but unhappy on the inside. Choosing to undergo the Gastric sleeve procedure was the best decision I have made in my life and I am thrilled with the results so far.

I weighed 144kg and after 8 months weighed 86kg with a lot of hard work and exercise.

I have had no great problems since my sleeve gastrectomy -- except for my clothing, which no longer fits. I still enjoy a good wine but no beer or fizzy drinks.

As the weeks passed I felt more and more like my usual self – no problems at all. For the first time in a decade I am at peace with my size and actually feel happy in my skin.

If you are considering future surgery the best thing you could ever do is attend the support group meeting once a month. This is the forum where you will hear all the personal stories, mostly good, seldom bad and rarely ugly.

I would recommend surgery to anybody who is battling with obesity. I thank Dr Phil and his team for giving me back my life.