

Stormy Bascue-Fish

*Individual results may vary. Results are not guaranteed.

Belmond, IA — August 1, 2016

Before surgery, Stormy was barely able to walk up stairs or exercise. Now she is running and exercising almost every day!

She says: "I haven't once regretted my decision to have surgery with Iowa Weight Loss Specialists."

Before your surgery, what medical conditions were you suffering from?

I was suffering from high blood pressure, type 1 diabetes, heart problems and acid reflux.

Since your vertical sleeve gastrectomy, in which conditions or diseases have you seen a change?

Since surgery, I no longer take blood pressure medicine. My insulin intake has gone down tremendously as well.

My a1c went from a 7.7 to 7.1. I no longer have heart issues and my acid reflux is gone.

What made you decide to have a vertical sleeve gastrectomy?

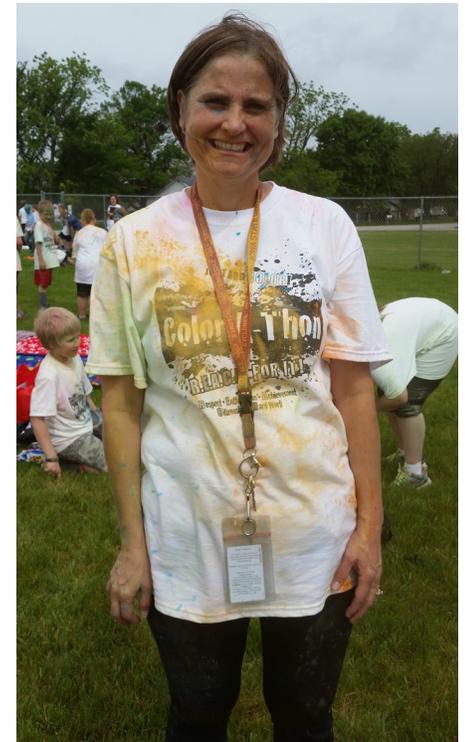
I wanted to be able to move more freely. I wanted to be able to see my 13 year old daughter grow up. I wanted to live a healthier lifestyle.

Besides the external changes you have experienced, how has the surgery altered your outlook on life and your relationships?

I have experienced people not recognizing me at all! I have a distinct voice, so people say things like "I recognized your voice, but I couldn't tell it was you!" My family is proud of the hard work I am putting in to make my life healthier.



Before



Today

continued

Age: 45

Date of surgery: June 29, 2015

Starting weight: 286 lbs.

Current weight: 152 lbs.

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What kinds of things are you able to do now that before the surgery were difficult or impossible?

I am now able to tighten the seat belt on the airplane. I climbed the Mayan Ruins on vacation last week and I would not have been able to do that before! Before surgery I was barely able to walk up stairs or exercise. Now I am running and exercising almost every day. My clothes are so much more affordable and cuter as well!

What do you wish you'd known before the surgery?

I wish I would have known how it would change my life so quickly. I would have done it much sooner.

What would you say about Dr. Eibes and the Iowa Weight Loss Specialists team?

The team was, and is still, so supportive. Belmond Hospital couldn't have been a better place to have a surgery. They treated me like royalty!

What would you tell someone who was considering the surgery?

Don't hesitate, take the plunge! Be ready to work hard and change your life! I haven't once regretted my decision to have the surgery with Iowa Weight Loss Specialists.