

Marta Addo

*Individual results may vary. Results are not guaranteed.

Des Moines, IA — March 14, 2017

Suffering from diabetes, high blood pressure and back pain, Marta decided to have a vertical sleeve gastrectomy.

Marta says: "I have so much more energy now and I want to be active!"

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

I had type 2 diabetes, high blood pressure and aches and pains in my back from carrying so much weight. Being overweight also caused me to have a lot of insecurities about my worth as a person.

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

I no longer have diabetes and my blood pressure is great. I'm off medications for both of those conditions. My back no longer bothers me unless, of course, I overexert myself.

What made you decide to have a vertical sleeve gastrectomy?

My physician told me that I needed to do something or I was going to die. He recommended weight loss surgery with Dr. Eibes.

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

My outlook on life has changed a lot. One thing that I didn't plan was how my mind would react to my weight loss. When I was at my heaviest I was 386 pounds. My now husband fell in love with the heavy Marta, but I never understood how or why he could have loved me. I still have my insecurities about my marriage and have to

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Before



Today

Age: 59

Date of surgery: August 2013

Starting weight: 386 lbs.

Current weight: 200 lbs.

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remind myself that I'm worthy of love. I have to remind myself often that I'm a good person and that I deserve love and need to believe in myself. I continue to receive counseling to address these issues and I'm feeling stronger and better emotionally every day.

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

Everything! When I was heavy I was hardly able to walk and I didn't want to do anything. I have so much more energy now and I want to be active. My husband and I totally remodeled our home last year, inside and out. I never would have been able to help him with that prior to the surgery.

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

I followed Dr. Eibes's orders to a "t" and I felt completely prepared.

What would you say about Dr. Eibes?

You can't beat Dr. Eibes! He's one of the best doctors I've ever had. He constantly checked on me in the hospital and I continued to meet with him for years following the surgery. You can tell he really cares. He is proud of how I've been able to keep the weight off over the years.

What would you tell someone who was considering the surgery?

Don't wait. If you can do it, do it! You will feel so much healthier. I would recommend it to anyone and I would do it again in a minute. My life has totally changed for the better!