

# Nicole Sutherland

\*Individual results may vary. Results are not guaranteed.

December 2018

*Nicole didn't realize how uncomfortable she was and how bad she felt. Now she's riding long distances on her bike, paddle boarding, and taking rowing classes.*

What made you decide to have weight loss surgery?

After gaining 70 lbs in a year due to a fibroid, I came seeking advice from Iowa Weight Loss and went to a Wednesday class.

How long did it take you to decide to have weight loss surgery? Did anyone either encourage or discourage you?

It took about a week thinking about it. Everyone I told, including my husband, was very encouraging.

What kind of things are you able to do now that may have been difficult or impossible prior to surgery?

Biking 25 miles on a hot summer day, crossing my legs, flying with a normal seatbelt, taking a rowing class, paddle boarding...

Which conditions or diseases have you seen decrease or disappear since your surgery?

I was fortunate that I had no medical issues prior to surgery.

Besides external changes, how has surgery altered your outlook on life, your emotions, and/or relationships?

I didn't realize how bad I felt and how uncomfortable I was.

Why did you decide to have surgery with Dr. Eibes?

I appreciated the entire team and the support that was given.

What would you say about Dr. Eibes and his team?

I love the honesty, support, and care that is given to us, and the Belmond hospital is fantastic!

What would you tell someone that is considering weight loss surgery?

Go to a meeting, listen, and think it over. It was life changing for me, and it could be the right decision for you.



Before



Today

Date of surgery: December 2017

Starting weight: 260 lbs.

Current weight: 154 lbs.

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