

# Lisa Beck

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

Des Moines, IA — August 1, 2015

*After 30 years of trying every diet that existed, Lisa decided it was time for a change. Today, she's 80 pounds lighter, her health has improved, and she no longer needs medication. Her elevated energy levels mean she can now go hiking and biking with her husband and kids.*

*Lisa says: "My only regret is that I didn't do the surgery sooner!"*

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

I had severe knee pain, joint pain, and gastric reflux.

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

I now have full range of motion in my knees, and I can climb up and down stairs without pain. I also no longer have pain or stiffness in my other joints!

## **What made you decide to have a vertical sleeve gastrectomy?**

After a lot of research, I found that the sleeve gastrectomy surgery seemed to be the least invasive with the best outcomes and had fewer side effects than other options.

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

I believe that my life expectancy has greatly improved. I am able to spend more active quality time with my family, and I'm in a much better mood!

*continued*



*Before surgery*



*Today*

**Age:** 44

**Occupation:** Insurance Specialist

**Date of surgery:** October 2014

**Starting weight:** 254 lbs.

**Current weight:** 174 lbs.

*continued*

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

I am able to climb stairs and walk further distances; in fact, I did my first 5K this year! I can cross my legs and fit into any chair. It's so wonderful that I'm able to walk into any clothing store and find clothes that fit. I no longer have to worry about whether or not there is a plus size store around or if the store will carry my size.

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

I wish I knew about the effectiveness of this surgery sooner in life!

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

Dr. Eibes and the team are fantastic. They really do care, and they will go out of their way to make sure you are taken care of.

**What would you tell someone who was considering weight loss surgery?**

Don't keep putting it off, take control, and start living your life instead of watching it go by. DO IT NOW!