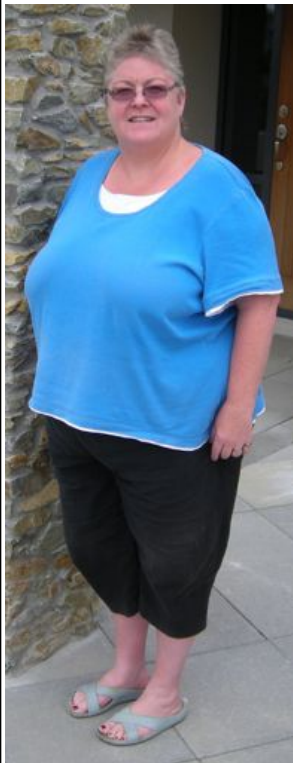




# Surgical Obesity Services

## Kathryn's Story...

Next Christchurch clinic: 28th April 2012



**Feb 2011: 130kg**

was focused on a laparoscopic gastric sleeve and began searching for the right surgeon to do that for me, finally settling on David and his team in Hamilton.

In early February, my husband and I travelled there for a pretty full on day and a half of appointments, which resulted in a decision to have a laparoscopic gastric bypass instead of a sleeve.

Unbelievably, I was scheduled for the procedure on the 1st of March!!! That gave me a week and a bit to fit in any 'last meals' I felt like having before diving in to the 2-week pre-op diet. I will admit that the two-week diet was tough, but I survived it!

A few days before flying up to Hamilton, a serious case of nerves hit me. Although I have had a general anesthetic before, this time I felt different. As I was wheeled into the operating theatre I was very anxious and felt like I was actually fighting the anesthetic. Of course, you can't fight it for long. In hindsight, I feel it was the list of potential complications that might be encountered during the procedure that played on my mind. Thankfully, though, there were none.

Nine months after the surgery, I feel like a woman transformed. I've lost 59kg...with just another 3kg left to

If given the chance to make a change in your life that could actually save your life and allow you to live longer, would you grab that chance with both hands and never let go?

I faced that question in January, 2011, because if I didn't make changes then, I was on collision course with the cardiac problems in my family history. I decided that this would be my year of monumental change!

I've had a life-long battle with my weight. Sometimes there were victories, but mainly it's been a road littered with defeats. I knew diet and exercise alone were just not going to work for me in the long term. After a fair bit of research and online discussions with people who had 'been there.. done that', I

reach the target Carol set for me!!! I've set myself a goal to have the last 3kg off by Christmas.

My husband and I walked a half marathon on December 3 (our first ever!), finishing in just under 3-1/2 hours and I've already signed up to walk/run another in May! Following the walk, I treated myself to my first taste of 'real' chocolate since January...a mini Moro...and I didn't really like it. So, maybe I've conquered one of my old demons!!

I started working with a personal trainer in October and now do three sessions a week. I get some VERY good workouts with him, working on cardio, toning, strength, stamina and endurance. Apparently, he has some plans for me in the new year and I say, 'Bring it on!!'

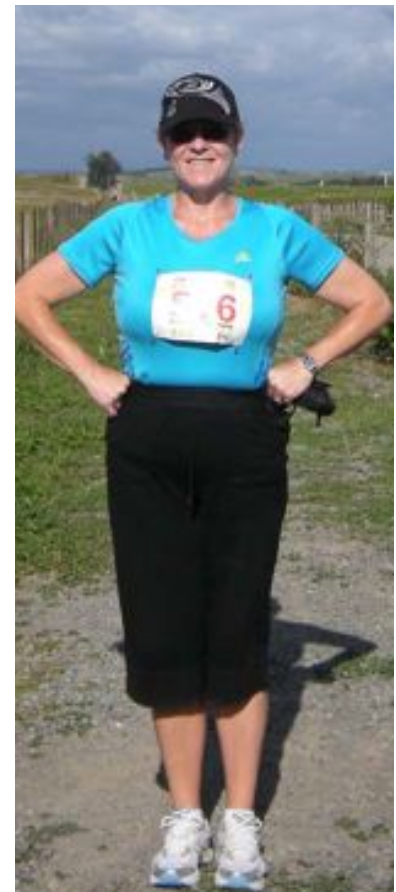
I try to walk for at least 45 minutes each day and have just added running and some swimming. From time to time, I do a bit of pilates or Zumba, as well.

The biggest thrill for me is to now be able to shop pretty much anywhere and find nice clothes that fit!

The teams in Hamilton and Wellington have been a great support on my journey...even when I've asked what might have seemed like some fairly goofy questions at times. Thank you all for the great tools you've given me.

When I started my journey earlier this year, I was looking forward to meeting the new me that was waiting at the end and, now that I can pretty much see her, I'm still not sure if I recognize her, but I'm enjoying getting to know the 'new' me.

**Do you have a story to share? Don't hesitate to email Deepti!**



**Dec 2011: 71kg**



**'EatMe' competition: This month I asked for your best BBQ recipes, the winner is Carol with her delicious seafood recipe.**

#### RECIPE INGREDIENTS

3 teaspoons vegetable oil  
1 small onion, chopped  
1 small red bell pepper, chopped  
1/2 cup chopped celery  
1/2 small eggplant, peeled and chopped, about 1 cup  
1 small zucchini, chopped  
3 cloves garlic, minced  
One package frozen (or bunch of fresh spinach), thawed, chopped, and drained  
1/8 cup white wine  
16 oz halibut fillets or other firm-fleshed white fish

#### DIRECTIONS

In a large skillet, heat the oil, add the onion, and cook for 3 minutes. Add the bell pepper, celery, and eggplant and cook for 4 minutes, stirring constantly to keep the vegetables from sticking to the bottom of the pan.

Add the zucchini, garlic, and spinach and continue cooking for 3 minutes.

Add the white wine and cook for 3 minutes. Season with salt and pepper to taste. Set aside and keep warm while you cook the fish.

Grill the halibut over high heat, or place under a broiler for 4 to 5 minutes on each side, depending on the thickness of the fish.

Place the vegetables in a serving dish and top with the fillets.

NOTE: This is a very pretty dish for home entertaining and is very easy to prepare, since the vegetable mixture can be made early in the day and then reheated before serving. Simply bring the vegetables to room temperature before warming and enjoy!

#### NEXT MONTH'S COMPETITION:

**Everyone will have suffered a weight plateau/gain at some stage post-op, right?**

**This can often happen around the festive period when you are surrounded by tasty treats and endless Christmas parties. What are some positive strategies you have in place to get the weight loss going again?**



*Check out this awesome video that we found on youtube! Will power is a wonderful thing. Enjoy!*

<http://www.youtube.com/watch?v=GYYle0hTUc>

#### Waikato/BOP Support Group

Due to everyone's Christmas commitments, the next support group will not be until February 2012. Barbara would like to take this opportunity to wish everyone a Merry Christmas and Happy new year.

## *The holidays are here!*

The team at Surgical Obesity Services would like to wish everyone a Merry Christmas and Happy New Year

Enjoy this wonderful, festive time with your friends, family and relatives and make the most of the gorgeous (fingers crossed!) weather.

It is also a good time to reframe your thoughts around Christmas. We hope that you continue making sensible food and drink choices through the holidays and stay focused.

**REMEMBER!!! CHRISTMAS IS ONLY ONE DAY NOT A SEASON!**

The offices will be closed over the Christmas break, and re-open on Monday January 16, 2012.

