

My name is Gabriela I'm 27 years old, I'm an Industrial Engineering graduated from Institute Mexicali Technologic Institute, a housewife and mother of two beautiful babies. I met Dr. Omar Fonseca in 2009 thanks to a commercial I saw on the television about obesity surgery, I attended and then went to meet him and there began my journey.

My problem with obesity began when I was little, maybe because I had problems in my house and I found like many people something that made me feel better I could only achieve that by eating, no matter the mood everything then leads me to eat.

Obviously when I was young I couldn't notice the consequences of being obese, I really didn't care, but of course as a child or teenager I wasn't that happy, I had to deal with the other kids mocking me, they called me "the atomic bomb" (kids are cruel), at junior and high school I had no luck with guys, as you should know overweight wasn't attractive to boys, at parties I was never asked to dance, I used to stay and look after my friend's purses; buying clothes was awful, I was never able to find clothes my size, I had to take adults sizes, nothing for my age.

Since I can remember I've tried many methods, diets, pills, massages, creams, nutritionist was the closest, I made it to lose 20 kg (44lbs), but as fast as I lost them I gained them back, my weight excess caused me an injury on my knee once I had an accident, I ended up on the operation room, it never recover 100%, all of this lead me to reject myself, evade the mirror, found it easier to evade everything than deal with the truth you are immersed. With the pass of the years and 2 pregnancies, troubles associated with obesity started appearing, high blood pressure, cholesterol, triglycerides and glucose, back problems, not being able to stand straight due to pain on the waist, not even being able to carry your child.

All of this was about to change as I met Dr. Fonseca, by the that moment my weight was 135 kg (296 lbs) I began taking some shakes and lost 8 kg (17 lbs) in 2 months so when I met him my weight was 127 kg (279 lbs) and so I started a diet plan I had to follow before surgery, I had to be very patient for a few months I wasn't able to get the surgery because of multiple flu affections I had, then the moment of true, February 10, 2010 where I weighted 116 kg (245 lbs) I was scared of the surgery and risks of it, I was afraid of not seeing my daughters again, but I was on very good hands. When I woke up from anesthesia all I said was "my daughters" and I vomited after that I heard the voice of Dr. Fonseca telling me "everything is going to be ok" then I was taken to my room and fell asleep.

I went out from the hospital and the POSTOPERATORY JOURNEY began. The first days was all liquid diet, after a few weeks I started taking yogurts and smashed food, 1 month after I went to revision, Dr. Fonseca was always aware and for that I thank him, that month I lost 10 kg (22 lbs) so my weight was 106 kg (233lbs), I was able to find better fitting clothes for my age.

I started practicing zumba, I, taking it slow because my knee still hurts, the second month I lost another 4 kg (9 lbs) so I'm 102 kg (224lbs) now, the doctor said I had to help the weight loss with exercise, I'm still practicing zumba, this month I have another appointment with the doctor to see the new results.

This process is not over yet, I'm not even half the way but I've taken the biggest step, I'll wait for the new results and I'll tell you later.

I thank Dr. Omar Fonseca with all my heart for all his help, patience and care; I will never forget the twist he's given to my life.

Thanks