

Hi, my name is Guadalupe, I'm 45 years old, 5 years ago I was diagnosed diabetic since then I started taking medicine for this, at first I took metformina and glimencamida which after 2 years damaged my nerves, I was getting altered by everything, I couldn't sleep, I was prescribed diazepam and took it when I couldn't sleep at all, I passed thru a lot of studies and it turned out that it was my medicine for diabetes what was causing me that, I started with another medicine Avandia, once again after 2 years of taking it I started to have stomach problems and reflux every time I ate I felt like I was being choked, once again after some studies doctors determined based on an endoscopy that my medicine for diabetes had caused ulcers on my digestive tube, stomach and intestines, once again my treatment for diabetes was changed, for all these years my glucose levels reached 300 - 400 treatment for that was insulin and also I was admitted twice a week for regular control, I was very tired, everything caused me fatigue, pain on my legs, my sight got deteriorated, couldn't take long walks, my back ached, headaches were unbearable, every day where boxes of medicine for pain, after that I was prescribed Zactos and Glimenprida which turned me all anxious, I couldn't stop trembling, the only way I felt better was eating thanks to that I gained 22kg (48 lbs) I couldn't get up from bed, one day while sleeping about 2am I started choking and my heart was racing on my chest, my doctor made an electrocardiogram, I felt tired at the moment I had to stand I couldn't without the help of the nurses, after all that I was sent to see Dr. Fonseca to control my weight, he made me a few studies and it came out that my liver was fat and wasn't working right, my kidneys ached so much I started urinating blood, there was also blood on my feces, I was so scared I cried all the time, he told me there was only one solution the gastric sleeve surgery and extirpation of the gallbladder which was filled with stones the pain was awful, after a diet the doctor prescribed I lost 10 kg (22lbs), he prepared me for surgery on January 8, 2009, it's been 2 months after surgery, I have lost 18 kg and hadn't take any medicine for diabetes or pain I used to have it is all now under control, my glucose levels are around 80 -100 I feel so good anything hurts, it's like I was born again, I'm so happy, my recovery was so fast I can't believe, I was back to work a few day later, I must confess I was so scared of dying for this disease and not being able to see my family again, but thanks to God and the blessed hands of Dr. Fonseca I'm back to life, me and mi family are sincerely thankful.

Thank you doctor for this change in myself.