

My name is Michaelle. I'm 27 years old; I'm a junior high school teacher. On March 12, 2008 Dr. Omar Fonseca performed on me the laparoscopic gastric sleeve surgery as a solution for the morbid obesity I was living with.

On August 2007 I had an accident in which I got a fissure on the right ankle, when I went to the orthopedist he made me see how serious my problem was and explained to me everything it was causing to my knees and ligaments, then he sent me to Dr. Fonseca to treat my problem.

When Dr. Fonseca analyzed my case I was around 80 kg (176lbs) over my ideal weight since I'm 1.65m tall (5' 5") and I had a weight of 147kg (324lbs), I used to wear XXL blouses and pants size 24, Some issues were found when I was being prepared for surgery, hypertension and my heart was found a little grown because of this, hypertension had to be treated first I was prescribed Captopril twice a day, this hypertension was constantly causing me headaches, dizziness every day and ringing in the ears. I also had pain on my feet, ankles, knees and waist, severe stomach problems caused by the quantity and kind of food I was used to. My eating habits were terrible long periods between each meal, I used to eat any kind of food and usually I spent an entire hour eating to satisfy my hunger.

With all these weight related problems my life was completely monotonous, all I used to do was go to school and work which left me exhausted, all I wanted to do was to get home to take a nap which usually was about 4 to 5 hours long every afternoon, I had no wishes to go out because of the fatigue. I was always agitated and feeling lack of air even just to speak.

Weight control previous to surgery started around December 2007, Dr. Fonseca taught me about nutrition in order to lose about 10 to 15 kg (22 – 33 lbs) before surgery to make it easier.

One week before surgery Dr. Fonseca changed my diet and focused entirely to fortify my liver Dr. Fonseca explained to me that obese people has a softer liver kind of gelatinous than the people on their ideal weight and this increased the risk of the surgery. Hypertension was under control but didn't decrease even so I made it to lose 15 kg (33lbs). I was really good taken care before and after surgery because of this problem.

I was admitted to the hospital one day before surgery and 12 hrs before surgery all food or drink was dropped, Dr. Fonseca was constantly monitoring me before and after surgery, I went in a little nervous but excited to the operation room, Dr. Fonseca always explained to me with great detail the entire procedure I was going thru he even provided me with videos of the procedure.

Waking up from anesthesia was painful as I feel like if someone was pressing from my stomach to the chest but nurses and Dr. Fonseca explained to me that pain was normal since it was an exhaustive procedure for my body. Recovery was fast, by the third day after surgery I was feeling perfectly I even wanted to be sent home, the first night was the most complicated and painful, I had trouble breathing and couldn't move, I didn't had any food until the third day just a little bit of water once in a while since you can't have food for that period or you could compromise the procedure.

The first week after the surgery my diet consisted of liquids, creams, jelly, Gerber or ensure, I could only have about ¼ cup because I was satisfied very quickly and also I felt a twinge on my stomach. Until the second week I started with solids like steamed vegetables, fish, chicken breast but in tiny portions because it was still too heavy for the size of my stomach. Salt, carbohydrates, red meat and sugars were completely removed from my diet for about 4 months, the only sugar I could have was brown sugar or the one on fruits. But all of this wasn't so complicated since I had this new eating habits well settled by Dr. Fonseca previous to surgery.

It's been now 9 months from surgery and I'm keep this new eating habits, I feel satisfied very quickly which is very helpful because it was the main problem, the big size of my stomach allowed me to ingest big amounts of food every time I seated to eat.

Dr. Fonseca has always been very aware of my recovery since I was on the hospital he used to visit me 2 or 3 times a day, nurses were also very aware of my blood pressure, symptoms and any pain I had, recovery was very quick, everyone was surprised of my status at the second day, for the next 3 months after surgery you must not perform any activity like lifting anything heavy, stretching or brave movements since that could cause an hernia.

My hypertension problem got controlled with the weight loss no more medicine is needed for this, now I take little amounts of salt without trouble, all pain is gone with no need of medicine or treatment, the constant fatigue is gone also, now I don't even know where do I get all this energy from although my meals are small, I don't take those naps anymore, I exercise everyday and I enjoy it. My stomach problems are over; I don't stop the whole day even so I still have energy to go out in the evening or do any physical activity with no trouble. People how knows me say I'm a totally different person not only physically but emotional since my mood changed I want to do new and fun things which I couldn't say a year ago.

My weight 9 months after the surgery is 92 kg, I wear size 12 for pants and Large for blouses, I've lost 55kg (121lbs) total, I haven't reached my goal of weighting 70

or 65 kg (154 or 143lbs) but I'm still in the process, completely excited and motivated by the results that I've had thanks to Dr. Fonseca and the surgery, I got to say this procedure is great help but one as a patient has to be disciplined and have the will of getting cured from this horrible illness to get a favorable result.