

My name is Patricia, I'm 48 years old, I have 2 sons 21 and 24 years old, I have a professional career but for now I'm dedicated to my house.

It is pleasant for me to give you the testimony of my life. For over 10 years I was an obese person, I wasn't really aware of what I was doing to my body because I was a very compulsive person while eating, I used to eat at any time and in exaggerated amounts, mostly junk food and so I was growing bigger and bigger. When people who knew me when I was skinny saw me again they couldn't even recognize me or they made fun of me, it was very hard for me, we must love ourselves even though we are fat but we don't like inappropriate comments about our appearance.

One of the hardest things was that my health decreased terribly because of obesity, very often I had tachycardia, I suffered from shortness of breath so I rather being seated than physical effort or exercise, at night I couldn't sleep because I felt like I couldn't breathe, my ears ringing all the time, I used to fall very often, I suffered of depression, my back ached, waist, feet, ankles, daily headaches, dizziness, it was even hard to keep my personal hygiene mainly in my feet.

Thru all these years that I had obesity, I visited many nutritionists that treated such problem everything worked at first but after a couple of weeks all plans were aborted, the medicine prescribed to help my diets ended up causing me worse, anxiety and more tachycardia.

I was feeling worse every day, I thought I was suddenly going to fall dead for the lack of air on my lungs, 2 years ago when I went to my nutritionist he sent me to make some studies and results wasn't favorable, I was pre-diabetic I was really scared and he told me I was one step away from being diabetic and that I had to change my eating habits, by that moment my weight was 94 kg (206 lbs).

To be honest after those non pleasant results I started eating more and more, I couldn't keep a diet, feeling everyday worse, my main problem was the morbid obesity, doctors told me my body mass index was over 35 and recommended me the surgery that would save my life doctors determined I was candidate for the gastric sleeve surgery, I said I would think about it.

2 years after on September, 2009 a friend that had just had the same surgery recommended me to go visit Dr. Fonseca and so I did. When I saw this young surgeon he gave me a lot of confidence, he explained to me very well the benefits of this surgery as well as the risks, being always honest to me he told me that we would have to work as a team.

I had no doubt to take the surgery because I knew God would be watching over us and would operate me thru Dr. Fonseca's hands.

For a month I was getting prepared for the operation, exercise, diet, lab exams, etc. everything was under control by Dr. Fonseca, I went into the operation room on October 10, 2009, my weight was 104 kg (228 lbs), thanks God everything went ok, when I woke up I had pain on the chest and felt like I was short of breath, I wasn't scared because Dr. Fonseca has already explained to me that all these symptoms were normal, the next day I was going home by my own feet.

It's been 5 months since then and I've lost 37 kg (81 lbs), I'm so happy and motivated, day by day I can see the results of the weight loss, now I feel very healthy, I sleep well, I don't get tired as I used to, depression is gone, no more ringing in the ears, no more pain on my feet, hips or back, I can wash myself with no problem, now I can say I'm a normal person that buys normal clothes and that I live a healthy life.

Now that I've passed thru this beautiful process that has given me better quality of life and health I want to recommend this surgery to all the people suffering of obesity an that doesn't know what to do, take the surgery if you are candidate, do not be afraid, with the help of God this is a life saver that offers us a better quality of life is like being born again, but don't go to any doctor, look for a professional on the matter, I recommend with all my heart Dr. Omar Fonseca who is very professional and that also offers good financing plans for people who can't afford the total of the operation at once, don't doubt to visit him.

I want to use this mean to thank God for the life of Dr. Fonseca for being a person of human quality who put himself on my shoes, and who's only wish was to save my life just like all his other patients.

My infinite thanks to Dr. Fonseca.