

My name is Rosa, my age, 60 years.

I wanted to get to 60 years to know what it would feel like as the illusion when you want to reach 15 years thus came the month that I was turning 60, my husband was ill and was hospitalized 2 weeks and he was released, a week later, we went to consultation, just across the street to get to the clinic, I did not know how but when I realized I was already on the ground, as a result of that my knees were hurt and I had a hard time walking, so my primary care doctor referred me to an orthopedist and this after the consultation sent me to an angiologist, once in the clinic a nurse that saw me "and my over weight" came to me and told me, hey, do not you want to lose weight?, you are a candidate for the gastric sleeve surgery! "I immediately answered, yes, she told me to think about it, consult it with family, to which I replied that I didn't have to think about it, that's what I wanted, MY WEIGHT was 142kg (312lbs), and that was a factor that was giving me trouble walking.

In a moment, the nurse explained to me roughly what the surgery was, and I decided, that same day I made an appointment with the surgeon, Dr. Fonseca.

Upon arriving at the appointment with Dr. Fonseca, I told him that I wanted to do the surgery because the overweight I had didn't let me perform as a normal person, couldn't walk because of the pain on my legs, the Doctor took my personal information, then he told me that he hadn't made the "gastric sleeve surgery" to a person my age but that I looked strong, then I was scheduled for all studies and analysis to see if everything was ok for surgery, thank God, everything was in order and my surgery was scheduled one month from there.

On August 5, 2008, peaceful and happy, determined to change my life, I was admitted at 1:00 p.m. and a couple of hours and was in surgery.

My recovery in the hospital was 5 days, of which I am still surprised, very little Inconvenience, which I owe to Dr. Fonseca, who is a very kind and careful doctor, responsible and dedicated to his patients, I'm very grateful for putting me in his hands. At first I had dizziness and nausea as a rejection of certain foods, but of course every person organism is different.

At 6 months after surgery I have lost just over 30kg (66lbs), and above all I lost a lot of sizes, from using 3XL or 24 W, I'm wearing size "L".

My diet is based on vegetables in broth, I can't tolerate red meat yet, occasionally fish, chicken and 1 corn tortilla, between meals, gelatin or fruit or popcorn. I love oatmeal breakfast, I feel great.

Thank God, María and Dr. Omar Fonseca, my life had a very positive change, and I'm proud of my 60 years.