

Hi, my name is Santiago, I'm 37 years old. I'm a federal worker. On January 6, 2009 Dr. Fonseca performed the gastric by-pass laparoscopic surgery on me.

I knew Dr. Fonseca on June 2008 thru our family doctor, he recommended me because of my severe problems of morbid obesity. My health issues were high blood pressure, trouble breathing, heart & lungs problems and constant fatigue, by that moment I had a month that I couldn't sleep well because I felt like I couldn't breathe.

On our first appointment he explained to me the procedure and the risks of having this disease which kills most of the people, obesity. He told me about the new procedures that was going on Europe, and that he was going to specialize on, for that reason he would have to leave the country for a few months. He told me to think about it, comment with my family and take a decision.

On the next appointment with Dr. Fonseca on November 2008 I said yes, I was willing to take the surgery, he schedule me to December 15, 2008, he checked my abdomen and told me that I had to lose 10kg (22lbs) so that I could get the surgery because the layer of fat was too thick and it was more complicated to operate, for that reason he put me on a diet. One week before the surgery he programmed a meeting with me and my family so that they knew about the intervention; the benefits, risks and that all our doubts were cleared. On this last week he put me on a new diet to detoxify and be ready for the big step.

The surgery lasted 4 hrs, when I woke up from the anesthesia I felt a strong pain like if I had been ran over by a truck, by 1:00 am I was on my patient room, pain unbearable, they controlled it with medicine but it wouldn't take it away. I spent the rest of the night unable to sleep, my mother and sister stayed with me, they told me I was saying crazy things and acting strange, when I woke up I wanted throw up and a little dizzy, after that I sat down and the unbearable pain was gone.

Since the first morning and by indicated by Dr. Fonseca I stayed stood up, walking, I only rested for moments and laid down only for revisions, he visited me about 4 times a day to see how I was doing, very kind, encouraging me.

On the second day on the afternoon he gave me water to drink, the third day morning chamomile tea alternating with water, he told me that the next day he would send me home, that everything was fine.

I started the process weighing 163kg (358lbs) and now weight 118kg (259), I lost 45kg (100lbs) in less than 3 months, yes I have had discomfort sometimes and vomit but it goes away, usually once or twice a week there is food that makes me feel bad, but overall I feel great, I'm taking a multivitamin, calcium and B complex which I'll do it for 6 months. I'm constantly being monitored by Dr. Fonseca in consultation, by telephone or electronic means.

Now I can confirm what Dr. Fonseca said in the first consultation I had with him, my life would change and now I'm seeing that. My health problems have decreased, I sleep well, my blood pressure is controlled and I am looking forward for more.

I thank Dr. Omar Fonseca Gutierrez for giving me the opportunity to change my life.