

*Testimonial From: Robert A. McDougall*

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# *Banded for Life*

How an implanted Gastric band has had an impact on me and how I believe it has, and will, change my life now & in the future.

Hi there and I hope you will take the time to read this as you may well be the one person who I do so much want to share my incredible experience and the way I view the future now that I have had Gastric Band surgery. Picture this. Some months ago, I was 53 years of age, very overweight, a diabetic of some 12 years, suffered depression and was somewhat of a recluse spending most of my time at home. I was restricted by my weight and governed by my inability to do anything about it. So what! My problem, not yours, some may say! If you can relate to any of this now, even more the reason why my comments could help you.

Add to this, I have had a weight problem for 53 years, had always been know as "Happy." My weight ballooned up & down over years. I have been on all sorts of diets over many years including on a major program with a big named company wherein I lost 50 plus kilos (9 stone in the old scales) over two years, had the whole media exposure and still I put it all back on over the following 5 years.

If you believe you can change your total lifestyle, change your eating habits, control your mind and body functions including any family genetic traits, then you do not have to worry about any weight problem. I found I could not despite being of the conviction that I felt I could do anything.

I was like any other one of the growing average Australian person who is overweight and has a weight problem. I decided however that I did not want to be dead by Christmas 2007 so did something about it. I started reading, did research and found out what options I had. I wanted my life in the future and the opportunity to retire and have a long and wonderful future just for me and more is the case, the opportunity to enjoy my adult children and see them into their future and hopefully them with children.

My life was not meant to be thrown away by me through my own selfishness and ignorance.

I did do something about it. I spoke to my doctor like I had always and he saw my tears of frustration and we decided on this Gastric Band surgery as "The way to go." I was given my referral and my journey started.

At this time, I want to encourage any person who in reading this and can relate to any part of it, that you are not alone and are not the first or last who can benefit from this medical procedure and the implant of a Gastric band. What I am I am saying to you is, I wish I had known about this years ago as I know my life would have been so very different.

### *Where am I now & what am I expecting?*

- In eight weeks I have lost 23 kilos and 10 kilos of that have been over the past 4 weeks since the operation despite the Christmas & New Year Period.
- I am eating a variety of food in my diet following the band surgery and this is great as I am content and not at all hungry or looking for food or tempted to snack. It is totally untrue if you believe you have to eat baby food type food or mush. Some change and time is necessary for the gastric band surgery procedure to settle but this is only a minor to the real issues.
- I have peace of mind and am very content in my outlook on life as a load has been lifted off my shoulders and I am enjoying life so much since the start of the experience even though this started some weeks before the surgery. The total experience has been so well communicated with me by the team of surgeons led by Mr Peter Nottle, my surgeon and his professional team at the Victorian Bariatric Institute. Mr Peter Nottle is based in Williamstown in Victoria.
- I have been taken off all insulin (having been originally 4 injections per day) and do not at present have to take any diabetic tablets to control my sugar. I am exercising which is working adequately and is very satisfying as I have not been able to undertake that for several months.

In conclusion, not a great deal of time has passed since my experience started however I know that I have made the best decision in my life for my life and future and things are happening as time goes on. I know that 2008 is going to be just the greatest for me and I believe for any other who undertakes this procedure and gets a Matrix Surgical Gastric Band.

The surgery was not invasive and I have not been chopped up, stapled nor do I have a zipper down my middle. I have something that will be with me for life. Nobody has to tell me or motivate me to follow any special diets or tell me what to do now, as I have all the tools for me to control my own being and the band is all mine and will tell me in its own way if I do not follow the new rules that govern my life.

I extend to all my best wishes and encouragement if you are or have been in the position that I was in. It is not pleasant to feel inadequate nor helpless but it is great to be in control and have some purpose and a second chance. That is where I am and I hope you will be if you need this assistance. It is there for the taking. Go for it!

I intend to add to my comments later, say in 6 months time. I am sure this will confirm what I believe will be the result. The before and after photos will be interesting and will be confirmation of the greatest decision in my life - to get rid of my weight burden and enjoy my life more than ever before.

Warmest regards,

*Robert A. McDougall.*