

# Bariatric Patient Profile: *Bob*

Bob had struggled with his weight all his life. But it wasn't until he had an eye-opening medical emergency that he decided to take charge of his problem. "I was always the little chunky fat kid," he explains. "Even when I was a varsity athlete in college, when I would lose weight from exercise, as soon as the season would end I'd gain weight back again."

When it came time to choose a bariatric program, what Bob liked most about Reliant Medical Group's program is all the information and education provided to their patients beforehand. "It wasn't just sign up, have surgery, and go away. They helped explain the nutrition, and the psychological side of eating – which I never even considered during all the other times I had tried to lose weight. And then of course the patient care, the discussion with the surgeon and the medical reasons to have the surgery. So it was the overall program that really made me want to have the surgery. Reliant actually cared about me as a person and wanted to give me a lifestyle change."

What surprised Bob the most about Reliant's Bariatric Program is the support he received and continues to receive. "I'm a year past my surgery and I

still get phone calls to find out how I'm doing from the people who manage the program. I still get invitations if I need to go to a group session from the psychology side – if I'm falling off the wagon (so to speak) or if I'm having issues or concerns – there's continual support that I receive."



**"The support you get, just that alone...I lost ten percent of my body weight"**

***Bob***

***Bariatric Surgery Patient***

Bob's advice to anyone considering weight loss surgery is to go to the informational sessions and then learn from the education provided by the nutritionists and support groups once you sign up. "You may not necessarily decide to have the surgery but I lost 40 pounds just by changing the way I eat – from simple things without doing any exercise. The support you get, just that alone is so important. I lost ten percent of my body weight."

Feel free to visit one of our free introductory bariatric sessions at Saint Vincent Hospital. Meetings are held the second Thursday of every month from 6:00 to 7:30pm in the 5 North Conference Room at Saint Vincent Hospital, 123 Summer Street, Worcester. Please call (508) 368-3190 or (508) 852-6175 for more information. Parking will be validated.