



# Health Options For Obesity

## Dr. Frantzides and the "The Gentler Surgery"<sup>TM</sup> : Gastric Bypass Surgery Saved My Life

By Aaron Isaacson

My gastric bypass "journey" started in the spring of 2003. I was a senior in college and weighed 360 pounds. I suffered from terrible migraine headaches, lower back and knee problems, and shortness of breath, among other issues. I was twenty-one years old, about to begin this amazing experience called life, and morbidly obese.

### Taking Your Life Back

When I entered Dr. Frantzides' practice, I immediately felt welcome and comfortable. Dr. Frantzides made me feel at ease with the whole process, and erased any apprehension I might have had. He took the time to describe the surgery, what the recovery would entail, and how my life would drastically be changed as a result. To say Dr. Frantzides is extremely knowledgeable about bariatric surgery is an understatement. His qualifications alone speak for themselves, but it is much more than that. My parents and I were so impressed by Dr. Frantzides and his staff that we scheduled the surgery that day.

A few months later, a week after I graduated college, I arrived at the hospital for surgery. Wednesday, May 28, 2003, was the day that Dr. Frantzides and his staff began the process of giving me my life back, a life that had been taken from me by a lack of activity and an addiction to food. The surgery was an absolute success, and by Friday, two days later, I was home. Dr. Frantzides left me with four tiny, one inch incisions on my midsection, which have all but disappeared now.



They all said I gave them the hope, the courage, and the desire to go through the surgery and all it entails. Let people know that through surgeons like Dr. Frantzides, they can take control of their lives as well. And that, above all, makes the entire "journey" well worth it.

### Is Surgery Right for You?

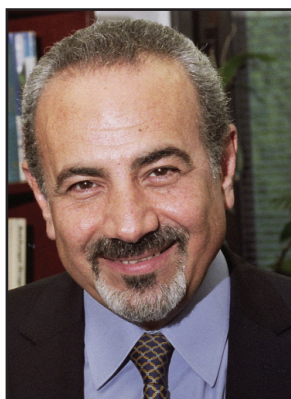
My initial advice would be to do your research and think about the procedure long and hard. Prepare yourself for the road ahead. Be aware that gastric bypass surgery may do wonders for you physically, but the mental challenges of being morbidly obese do not just disappear like the pounds do. Years after my procedure, I still struggle with the mental aspects of dramatic weight loss. For example, I still have trouble accepting compliments regarding my looks because I had never been complimented prior to my surgery. The hardships you will go through are plenty, but the reward at the end is indescribable.

However, the most important advice I can give is to share your story with others. Don't be ashamed you had gastric bypass surgery. Be proud! Since my surgery, I have had three individuals tell me that they had the procedure done because of me.

### Life After Gastric Bypass Surgery

Thanks to Dr. Frantzides and his staff, I have accomplished things in my life I never thought possible. I started dating. I gained the confidence to follow my dream by applying to and attending law school. All of my physical problems slowly disappeared. I walked into a mall and bought clothes at regular stores for the first time in my life. I actually have a sense of self-worth, and I can't explain how empowering that is. The transformation you will witness in your own life will absolutely blow you away.

Now, a little over four years after Dr. Frantzides worked his "magic," I am a healthy, twenty-six year old weighing 210 pounds. I am in my last year of law school, am currently in a relationship that recently surpassed the two year mark, and absolutely just loving life and everything it has to offer. I have never felt better, and I am physically, emotionally, and mentally in better shape than I have ever been or ever thought I would be. I constantly tell family and friends that Dr. Frantzides and his staff provided me with the tools to start my life from scratch. He provided me with something for which I am eternally grateful.



**Constantine T. Frantzides**  
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### Dr. Frantzides

is the Director of the Chicago Institute of Minimally Invasive Surgery, Director of the Minimally Invasive Fellowship Program at Evanston Northwestern Healthcare, and Professor of Surgery at Northwestern University. His experience in laparoscopic gastrointestinal surgery is one of the most extensive in the U.S.

He has traveled internationally to perform and teach laparoscopic operations. During the last 16 years, he has organized 31 laparoscopic courses through which 331 surgeons were trained in laparoscopic surgery, he has made more than 200 contributions to medical literature and has published 2 books on laparoscopic surgery. Dr. Frantzides has been the recipient of several awards and honors, as well as grants from the National Institutes of Health (NIH) and from the surgical industry. He is also credited with inventing two surgical instruments used in laparoscopic surgery. Because of his academic activities in laparoscopic surgery, as well as his surgical skills, he was given the "Achievement award for advanced laparoscopic surgery" by the American Society of General Surgery. See complete curriculum vitae for Dr. Frantzides at [www.laparoscopicexperts.com](http://www.laparoscopicexperts.com).

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