

## Arthur A. Caudy journey

If you are considering any type of gastric surgery you should read my story. I am NOT trying to persuade you to do anything about your personal health. My intent is to share my own experience and tell the harsh truth about being overweight. We fat people like to use words like "heavy" or "extra large" or "a little extra padding". We fat people are in denial about our health and condition of our bodies. After all some very famous people like Kate Smith, John Candy and Winston Churchill were fat just like me. My denial was so complete that I had a portrait of myself taken looking like Sir Winston which is attached. I rationalized that I was in good health. I was smiling and laughing about obesity on the outside but in reality crying and dying on the inside.

### **My symptoms of Morbid Obesity:**

The very first thing you need to understand is that eating for fat people like me is not normal. I did not eat for nourishment for my body. I ate for pure pleasure and self gratification. As fat people we get addicted to high fat foods and eat ourselves into obesity. In my case I ate myself into MORBID OBESITY. My primary doctor gave me 5 to 8 years to live because of several conditions.

1. Edema: Water was collecting in my lower legs.
2. Sleep Apnea: Causing weight gain, impotence, and headaches.
3. Gerd: Allowing stomach acid to back up into my esophagus.
4. Pre diabetes: Causing blurred vision, tingling in hands and feet.

### **What I looked liked as an obese person:**



At 5 foot 8 inches my weight was up to 320 pounds and I was gaining more weight rapidly. I was embarrassed by the increasing lack of control I had on my bowel. I could not bend over to tie my shoes let alone clean up after a serious

bowel movement, so I usually needed to take a shower. That is NOT a quality of life I recommend to anybody. Please do NOT go into denial about being morbidly obese. Trust the body mass index (BMI) that is a measure of body fat based on height and weight that applies to both adult men and women. The symptoms I had were that of a morbidly obese person. It is not easy to admit these medical facts, but you need to know this is a very serious medical condition and NOT just being overweight. Obesity is a real killer at a pandemic level in the world of unhealthy eating behavior. The truth about obesity is it will kill you.

#### **Can obese people control food intake:**

I was morbidly obese and could not control my food intake. I doubt that any obese person can control food intake over a long period of time. That is why we were on the yoyo of weigh gain and lose. Obesity is a very serious medical condition and we are addicted to food.

#### **For me Roux-en-Y surgery was the only option:**

The Roux-en-Y gastric bypass surgery is the only recommendation I would ever consider from all my personal research. I don't care what other surgeons may recommend. Until the doctors have traveled down my path they know only theory and what they believe. Many doctors and medical professionals think that gastric bypass surgery is the easy way out that is related to cosmetic surgery, which is absolutely ridiculous and medically irresponsible. The fact is that Obesity will kill you.

#### **My Roux-en-Y story:**

Here is my story about my Laparoscopic Roux-en-Y gastric bypass surgery. First thing I can tell you it is NOT an easy way out. The surgery can be more complicated than heart bypass. Any surgery can be hazardous to your health. Because of my pre existing conditions I had very little to lose and selected the best surgeon I could find after about a month of research. Use the internet and do the research yourself. If you cannot take the time to read up on the procedure you are NOT ready to do anything that will change your lifestyle of obesity. Only you can stop obesity from killing you.

**Most important:** Be aware of what is called the vagus nerve. If that is cut during the surgery you will have harsh post surgery conditions. It is responsible for keeping the digestive tract in working order, contracting the muscles of the stomach and intestines to help process food, and sending back information about what is being digested and what the body is getting out of it.

#### **Roux-en-Y will end the weight gain / drop yoyo:**

Roux-en-Y gastric bypass is surgery for obesity. It changes the stomach and small intestine to cause weight loss by restriction of caloric intake and malabsorption of calories. Intake is restricted by creating a small pouch to serve as the stomach. Malabsorption occurs because the first part of the small intestine, where many calories are normally absorbed, is bypassed. If you try to defeat the Roux-en-Y by over eating

or drinking high caloric shakes you will have immediate digestive problems and severe cramping. It is possible to defeat the Roux-en-Y surgery over a long period of time but it will be excruciating. My primary doctor calls Roux-en-Y surgery antibioses to food.

### **What to expect:**

As a result of Roux-en-Y gastric bypass is surgery you will have nutritional deficiencies and need to adjust your diet or encounter side effects. You will need to take multivitamins, vitamin B12, iron, and calcium for the rest of your life. Immediately after surgery you will be on a clear liquid diet. Later you then move on to a pureed soft diet. Finally your doctor will lift all restrictions on your diet. How you need to eat after that is very important. You must keep the volume down to about a condensed cup. By eating and drinking using this method you can eat just about anything if you completely chew the food. Forever keep your digestive system hydrated with clear sugar free fluids. Diet liquids are my rule. I choose natural sugar in select fruits low in acid. I do not drink or eat citrus products.

### **So the \$64,000 question is would I recommend this Roux-en-Y gastric bypass is surgery for obesity?**

**Absolutely 100% YES**. I have lost 150 pounds that has stayed off. My surgery was in February of 2007. I can tie my shoes again. I can bend over to do just about anything a much younger person enjoys. I NO LONGER have these medical conditions:

1. Edema: Water was collecting in my lower legs.
2. Sleep Apnea: Causing weight gain, impotence, and headaches.
3. Gerd: Allowing stomach acid to back up into my esophagus.
4. Pre diabetes: Causing blurred vision, tingling in hands and feet.
5. Diverticulitis: Excessive gas & bloating

In regards to my physical appearance people who knew me before I gained all the weight of 20 plus years ago recognize me as the same guy only 20 years older. The people who knew me as a VERY FAT GUY do not recognize me.

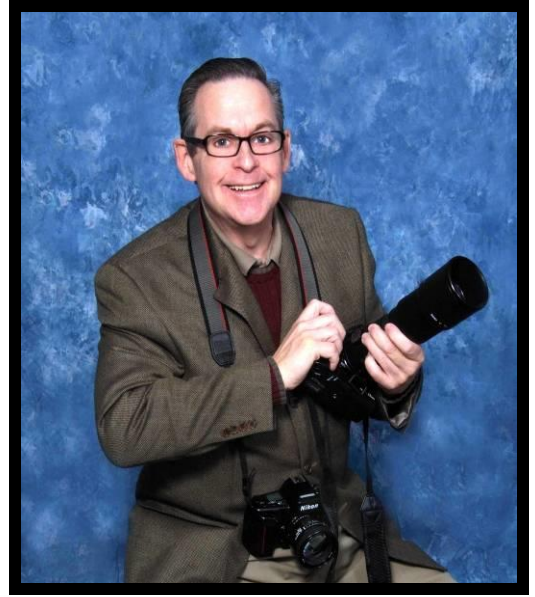
I have held my current weight of 165 pounds for over 2 years. I am getting better every day. I am a **NEW person full of the passions** of life that left me when I got morbidly obese. If you want to live a healthy life get a good teaching surgeon who will NOT cut your vagus nerve and be ready to buy smaller clothes within 6 months of surgery. The experience of buying all new clothing was almost as exhilarating as sex, I said almost.

It's OK to recognize that you are morbidly obese. It's NOT OK to remain morbidly obese because it will KILL YOU. Please stop crying and dying on the inside and live a vigorous life inside and out.

Good luck and remember to be completely honest with your current lifestyle.



Before



After

To thine own self be true, and it must follow, as the night the day,  
thou canst not then be false to any man. *William Shakespeare*