

## *"Feeling Ugly, Angry, and Depressed", No More*

*My name is Eleni Koliopoulou, I was born a big hungry baby and since then I have been*



*struggling with obesity all my life. I can write several books about being on diet, feeling good and pretty and then yo-yoing to higher and higher personal records on the scale, ending up feeling ugly, angry, depressed and a lesser person until the next effort on any weight loss technique available.*

*My adult life went along on that mode until I reached forty. My yearly check up slowly and gradually turned red on the blood sugar count, on my cholesterol levels and my snoring at night was turning into sleep apnea. I went through all the levels of denial, depression and panic. The fear that I would end up like my father, who died of heart and renal failure along with a stroke as the result of diabetes, led me to the decision to undergo a lap band*

*procedure. It was a bad decision, as are all decisions made under stress and panic. It did not work out, the band broke during the tightening by the doctor, so I was left with a useless object in my body, plus my metabolic syndrome that was thriving.*

*After a couple of years of self-recrimination I researched the possibility of a gastric bypass. It seemed the only procedure that would solve my individual problems. I decided to have it done in my country (Athens, Greece), at the hospital of my choice by a very good doctor. I had already had a very big ovarian cyst removed when I was twenty and a peritonitis surgery at twenty-five. The surgeon had great difficulty in coping with the adhesions in my abdomen and he aborted, giving me a sleeve gastrectomy instead.*

*There I was again, all my problems present plus one more surgery. I was turning fifty, I was in menopause, my metabolism was in hell and I didn't give up. It was my last chance. But, I could only be touched by the best. I asked around in a global search and I thoroughly researched all the recommended doctors.*

*This is how I found Professor Frantzides, who was initially recommended by the surgeon of my gastric sleeve. I "Goggled" him and I was stunned by his impeccable and more than impressive C. V.*

*I watched him give an interview on "Mega Channel" (TV show in Cyprus) and was fascinated by his down to earth, no nonsense approach to his work and his open and confident personality. I immediately contacted him and that was it!! I had found my specialist.*

*After reviewing my case, he announced to me that he would take up the task and reassured me that he could do it. I had no doubt, because apart from his acclaimed skills I was by then won over by his brilliance, his human skills and his sincerity. He made me feel safe. He generously gave me his time to answer all my questions, smooth my anxiety and prepare me for the procedure. I was willing to go anywhere I had to in order to have my surgery by Professor Frantzides. Fortunately because he frequently travels to Cyprus to operate, I managed to get on his schedule there for his November trip.*

*The surgery was performed at the Hippocrateon Medical Center in Nicosia, Cyprus on November 9, 2011. Professor Frantzides, as he promised, managed to perform the gastric bypass laparoscopically and by the 12<sup>th</sup> I was back home in Greece recuperating. My blood sugar count has been normal since the first days after surgery without taking any medication, and that for me is a miracle! For the past decade I have been a diabetic and it seems I am not anymore! And to spice it up I look much better because I'm losing weight!*

*Professor Frantzides is my hero, not only as a doctor but as a person. People like him make me have faith in the human race. They reach their full potential and still remain human, generous and real to themselves. I would also like to thank Teresa for her kindness and congratulate her on her Greek accent in "kalispera", which means good evening. Special thanks to the Hippocrateon Medical Center in Cyprus, to Dr. Ruff who assisted in my surgery and of course Dr. Stavropoulos who accompanied me and assisted as well.*

*As for my dear professor, I wish him all the best and recommend him without any reservations. I consider myself very lucky to have him as my doctor, my family and I consider him a dear and cherished friend.*