

# Healthier and happier life after gastric bypass

## The story of Richard Palmerin



My name is Richard J. Palmerin, Jr and I am 31 years old. Two years ago I had laparoscopic gastric bypass surgery by Dr. Frantzides. Before I had the surgery I was morbidly obese and my weight was a very big issue in my life. I was 280 pounds and I was unable to function and live a healthy life. I was very lethargic most of the time; sometimes I would fall asleep while sitting up and watching a movie. Whenever I was asleep I would snore very loud and have trouble breathing. I also had severe heartburn every day. I am the father of three children ages 7, 3 and 2. Shortly before my surgery my youngest son had just been born and I wasn't able to be fully active in the lives of my children. It broke my heart that sometimes I would sit and watch while they ran around and played. I would get through the day at work with much difficulty and then come home tired and ready to just lie down. I wanted more from my life but I just didn't know how. I also had a hip disease that prevented me from successfully working out to lose the weight. The weight caused me to have even more pain in my hip and further restricted my activity.

I needed a miracle. When I was told that I would be able to get gastric bypass surgery I was overwhelmed with emotions. My wife and I were so grateful and happy for this opportunity. My laparoscopic surgery and my recovery were uneventful and smooth.

So far I lost a total of 110 pounds. I knew before I had the surgery that I could lose a large amount of weight; I had no idea, however, that I would be able to lose this much and feel this good. No more heartburn, snoring, or feeling lethargic. The pressure on my hip is gone. I am able to live a more active and full life now with the weight of 170 pounds. All of this was under Dr.



Frantzides continuous care. Throughout the whole process I was well informed and cared for. I follow his post-op instructions every day. This will keep me healthy and my weight maintained at ideal levels. Dr. Frantzides saved my life. I can never thank him enough. I am a much healthier and happier man now. I am able to run with my kids in the park and when I do run I don't huff and puff. I don't sit back and let the good times pass me by. I'm excited to get dressed nicely and go out. I like the way I look, and I am more confident. My sex drive is great, I have more endurance. I know I will have a longer and healthier life with my wife and kids now. Thank you Dr. Frantzides.