

“The Change in me”

Hello, My name is Alisa Mikhyeyeva. I am 20 year old girl from Ukraine. I have many interests and high expectations for myself. Before I decided to have surgery I tried many diets all of which worked when I followed them; once I stopped the diet, all the weigh and more would return. Before the surgery food used to dominate my life. During my friend's birthday party I simply could not walk away from the sweet table until I tried at least half of the sweets that were being served. Today when I go to a party I don't think of what kind of sweets they will serve but of the people I will meet and the friends I will make. I have been very lucky to meet such a fantastic doctor as Dr. Frantzides who changed me completely and showed me that food doesn't have to be the center of my life. On November 11th 2011 I had a Laporoscopic Gastric Bypass performed by Dr. Constantine Frantzides and his team. My beginning weight was 272.5 pounds, and now after 7 months I am 105 pounds less. Today I am a completely different person. The surgery changed not only the way I eat but also the way I think. I feel much happier and healthier than before. I am really thankfull to Dr. Frantzides and my mother who help me to take such a big step in my



life. I admit that on the day of my surgery I was a bit nervous though I knew that I was in good hands. The hardest part of the whole experience was when I woke up from anesthesia, and I was trying to get up from the bed and do some walking. Dr. Frantzides wanted me to get up and walk 2 hours after he had completed the surgery. I knew however that walking after surgery reduces complications. As far as the pain, it was tolerable and dissipated within the first week. I was discharged the day after surgery, I went back to college in ten days, and I haven't had any discomfort since. I simply started to live my life as nothing happened but there has been a big change in my world. I cannot express how happy I feell when people complement me for the way I now look. They would also ask me: “hey Alice, what is the secret of such rapid weight lose, you look much slimmer now and much happier”. I will not stop here; I plan to surprise everyone even more!!!! I love you Dr. Frantzides

Alisa Mikhyeyeva