

I still can't believe it

All my life I have been overweight. I was very self conscious about my weight. I never wanted to be around anyone because I thought they were looking at how fat I was. I never ate in public because people would watch me eat. I couldn't fit on rides at amusement parks or fit into regular size clothes. I hated my picture taken because it was a permanent reminder of how fat I truly was. My asthma was horrible, I had sleep apnea, and I was pre-diabetic. I couldn't even go up a flight of stairs without stopping to catch my breath. I was morbidly obese at 355 pounds and I was always depressed. I had enough, and decided to do something about it. I tried slim fast, weight watchers, fat free/ no sugar/ no carbs diets, and then I met a man named Constantine Frantzides. After that my life changed.



I scheduled an appointment to see Dr. Frantzides. I have to admit, I was pretty nervous about the surgery, but Dr. Frantzides explained the procedure to me and made me feel less nervous. He understood my concerns and answered all my questions. I scheduled the surgery for a few weeks later and it was somewhat harder than I thought, though it was done laparoscopically. I was sore at the puncture sites but I knew I made the right decision. I had a follow up appointment with him about a week or so later. It was difficult for me to walk so I had a cane to help me. It has the head of a dragon at the top and it spirals down the cane. It is a pretty cool cane. Dr. Frantzides told me that I will lose about 100 pounds in no time. I thought to myself "yea right". I told him that if I will lose 100 pounds I would give him my cane. Well I don't have my cane anymore.



One year later and 160 pounds down, I have a life. I can finally do activities without getting winded or tired after only a few minutes. I don't feel self conscious eating in public. I can actually go into a regular store (not some big and tall store) and buy myself some clothes. I am able to go to amusement park and go on any ride without fear that I will not fit and get embarrassed. And I gotta tell ya, the first time I fit on a roller coaster it was the greatest feeling I have had in years! I never thought that I

would be able to fulfill my lifelong dream of becoming a police officer but here I am currently attending college so I can become an officer. I can't believe it.

It's just amazing how much my life has changed. I still have a hard time with accepting complement regarding my looks. My girlfriend complements me all the time and all I can do is smile. Thanks Dr. Frantzides.

