

Kylie- LAP BAND Procedure

At my heaviest weight of 138kg, It usually worked out that when walking into a room, i was the largest person in it. (size 30) Whether it was real or a product of my imaginings and self conciousness, I believed people treated me as a lesser individual, or as a non event. From the minute i walked into the office, at Northridge, I was treated like a NORMAL person. This made quite a remarkable impression upon me, and it is one that stays with me still.

I left the office that first day feeling something that I hadn't TRULY felt for a long time. real HOPE that i could be helped. Nothing I came out with at any time was anything they hadn't heard dozens of times before. This is because they truly embrace the fact their business depends on them 'getting the size issues.

The years of self loathing and despair ended right there and then, as together we constructed a 'game plan.' I was ready to sacrifice the pies, the chips, and the daily trip to the bakery , because at 30 years old, i had been dieting for two decades, tried EVERYTHING and was really at the end of the road.

I was lapbanded on the 31st of may 2005. To date I have lost 56kg and now weigh 82kg. With one leap of faith, at the hands of one gifted surgeon, my life began its transformation.

Dr Fris is just Brilliant. I was surprised at how approachable and easy to talk to he was. The equation works like this. He will fix the technical stuff and then you re-program your mind and body to live with it. He will not lie to you, it will require effort and you will have to put in the hard yards.

There is a fantastic support group running and you will have no shortage of input from people who have been (and are) there also.

The size 30 person who can't touch her toes is no longer me, and I have Dr. Fris, and the Northridge Weight management clinic to thank for giving me the tools and support I needed to achieve that.