

# The tale of 2 Graduations.

A Bariatric journey.

# Sian's Graduation

- 19<sup>th</sup> October 2009



# Meet Kris - 2009

- Kris
- Is Morbidly Obese
- Has Diabetes
- Has Retinopathy
- Has High Blood Pressure
- Has High Cholesterol



# Medical Info

- Takes insulin 4 times a day
- Takes Metformin 3 times a day
- Takes Medication to lower blood pressure
- Statins discontinued due to side effects
- Regular Ophthalmology
- Regular Diabetes check ups
- Average Sugars 7.5 - 8.0

Despite all this, Kris remains reasonably healthy.

# The Part Food Plays In Kris's Life

- A solace
- A celebration
- A social activity
- A stress reliever
- Sustenance



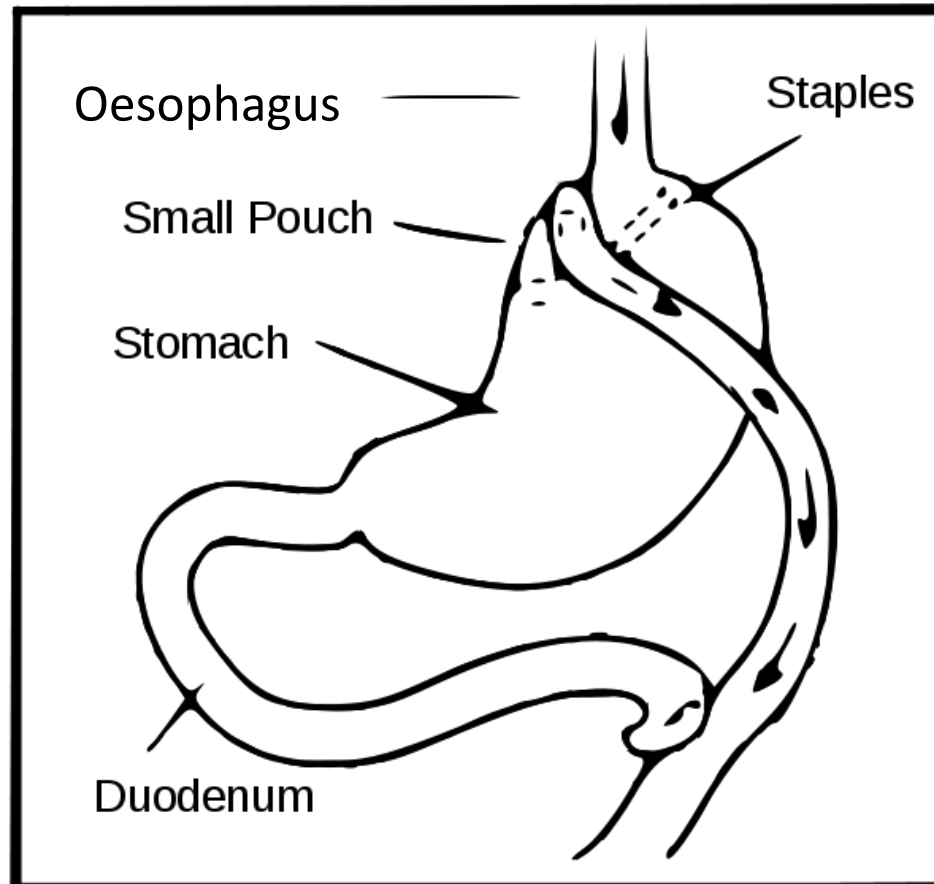
# NICE guidelines

- BMI over 40 (or 35 with co-morbidities.)
- Aged over 18.
- Has had treatment in a specialist obesity clinic at hospital.
- Has tried all other appropriate non surgical treatments but been unable to maintain weight loss.
- No medical or psychological contra – indications.
- Is committed to the principle of life – long follow up.

Most PCTs set their own criteria – (often BMI) < 60 or < 45 with co morbidities.

# Operation Date 26/11/09

Figure 4



# Post Op Transformation



6 Weeks



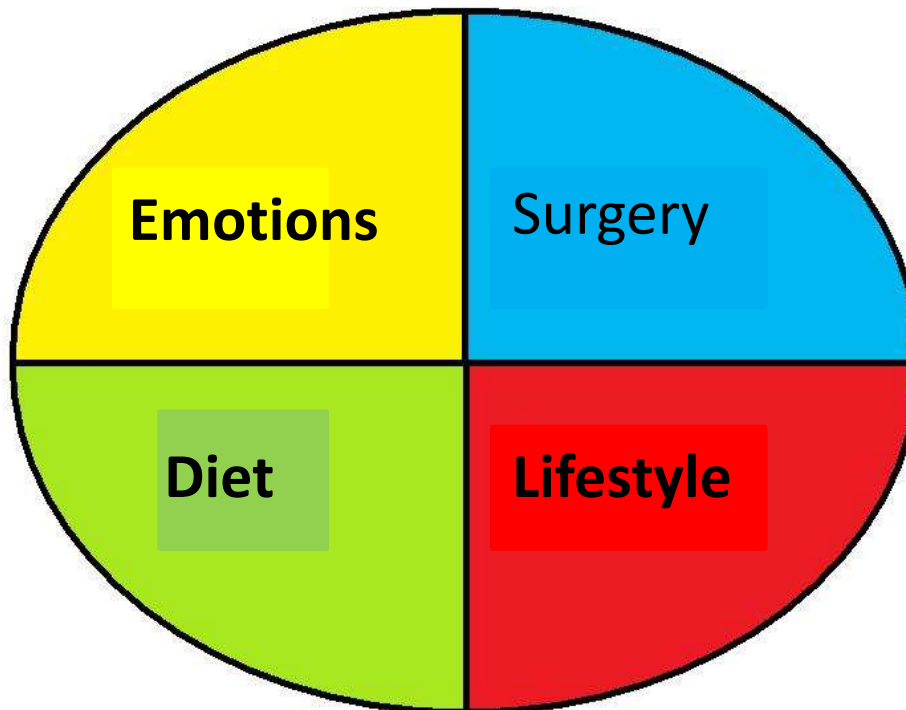
3 Months



9 Months



# What you need to remember



# Diet Comparison

## Diabetic Diet

- Starchy Carbohydrates
- Low Sugar
- Low fat
- 5 Portions of fruit and vegetables
- General healthy eating

## Bariatric Diet

- Plenty of protein
- Fruit and Vegetables
- Carbohydrates if any room
- General healthy eating
- No carbonated drinks
- Leave 30 minutes between drinking and eating
- Eat 5 – 6 tiny meals a day

# Meet Kris – At Rhianna's Graduation

- 1<sup>st</sup> July 2011



# Meet Kris - Today

- Kris
- ~~Is Morbidly Obese~~
- ~~Has Diabetes~~
- ~~Has Retinopathy~~
- ~~Has High Blood Pressure~~
- ~~Has High Cholesterol~~



# The Transformation



Before



After

**This journey never ends, for this is just the beginning.**

