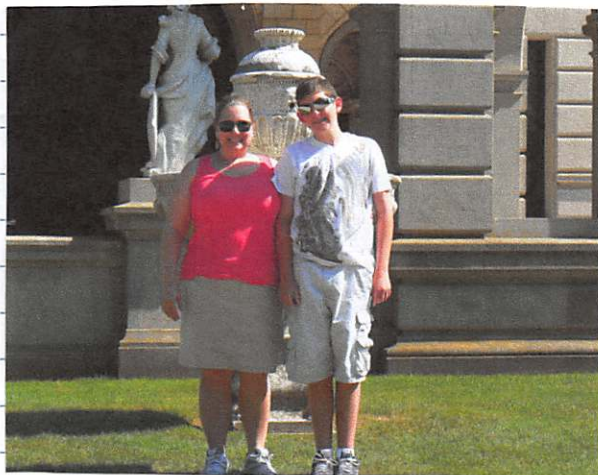


Lisa C. Sleeve Gastrectomy Dec. 16, 2014 with Dr. Maffei

Sept. 2013 Labor Day Weekend

This is when I decided to meet with a surgeon to consult about bariatric surgery.

My stats: Weight - 226 lbs Height - 5'3"
BMI = 40 SIZE 18/20 Age - 49



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Dec. 16 2013 - Yeah! Surgery day!

my stats - 219 lbs

No issues with my recovery.

Pain was very easily managed.

Oh yeah - NOT hungry for months!!!

Dec. 22 2013 →

6 days post-surgery

Incisions are looking good →

Dec. 31st 2013 2 wks post-surgery

First check up w/ Dr. Maffei

weight = 201

18 lbs lost already



Jan. 9, 2014 - 3 1/2 weeks post-surgery

my stats: Weight 195 24 lbs lost

measurements: Bicept 14 1/2"
Chest 44 1/2"
Waist 40"
Hips 47 1/4"
Thigh 25"

Jan 25, 2014 ~6 wks post-surgery

my stats: weight 187 32 lbs lost

WISDOM Keep a diary!!!



Feb 18 2014

2 months post-surgery

my stats:

Weight 178 41 lbs lost
Bicept 13 3/4" - 3/4" lost
Chest 41 1/2" - 3" lost
Waist 36 1/2" - 3 1/2" lost
Hips 43 1/2" - 3 3/4" lost
Thigh 23 1/2" - 1 1/2" lost



April 23, 2014

MAY 30, 2014

My stats: 159 lbs
 60 lbs lost (total)
 measurements & loss
 Bicept 12 1/4 (-2 1/4)
 Chest 40 (-4 1/4)
 Waist 33 1/4 (-6 3/4)
 Hips 41 (-6 1/4)
 Thigh 22 (-3)

my stats: 157 lbs
 62 lbs lost
 measurements & loss
 Bicept 11 3/4 (-2 1/2)
 Chest 38 1/2 (-6)
 Waist 32 1/2 (-7 1/2)
 Hips 40 (-7 1/4)
 Thigh 21 1/4 (-3 3/4)

★ Wisdom ★ Weight loss is slowing down but body shaping & toning continues!
 I am getting close to my weight goal ~140-145

June 13, 2014

A personal goal was to fit into this pink dress. This picture was from 2000.



Here are 2014 photos SAME dress!!! →

MY STATS - 152 lbs
 67 lbs lost

Size 8/10! ↓



2000
 ~150 lbs



Feb 22 2014

9 weeks post-surgery

My first time "eating" out. Was fine. I feel great!

My stats - 177 lbs
42 lbs lost



MARCH 15, 2014

Trip to Las Vegas & Grand Canyon

Prior to losing the weight I would have been worried about having energy to walk around Grand Canyon. But with weight loss, I was fine!



169 lbs
50 lbs lost



★ WISDOM ★
Do everything the doctor & the nutritionist says!!!

MARCH 30 2014



My stats: 165 lbs
54 lbs lost
Size 12

★ Wisdom ★
EXERCISE!

Hair loss started mid March - Not terrible, just more than usual.



JUNE 23, 2014

My stats: 151 lbs
68 lbs lost

Measurements		(total loss)
Bicep	11 ³ / ₄	(-2 ¹ / ₂)
Chest	38 ¹ / ₄	(-6 ¹ / ₄)
Waist	31 ¹ / ₄	(-8 ³ / ₄)
Hips	39 ¹ / ₄	(-8)
Thigh	21 ¹ / ₄	(3 ³ / ₄)

Exercise incorporating focus on toning helps to continue shaping my body, even when weight loss slows.

JULY 4, 2014

My stats: 149 lbs
70 lbs lost since surgery!

WOW - I am wearing a 2 piece bathing suit inside & in public!

And I broke into the 140's - goal is in sight.



