

Melinda Mattox's Testimonial

Gastric bypass surgery was the best thing I have done for myself and my family. I had surgery by Dr. Sofronski on March 17, 2003. I have lost 130 lbs and have gone from a size 24 to size 4.

My life wasn't any more unique than others. In high school I battled with a poor self-image and began starvation dieting, which only set me up for a future of weight gain.

With marriage and the birth of my two wonderful daughters, I managed to gain over a hundred pounds in twelve years. Being consumed with such a busy lifestyle; raising children, working shift work and on the run constantly, I was amazed that I had not realized how much the extra weight was impacting my life.

I was 32 years old, but doing the things I loved like shopping, amusement parks, playing outside with my daughters, had become difficult and embarrassing. I had no energy and was told I needed to start taking medicine for blood pressure. This was not the life I had envisioned.

Having surgery, and learning how to live a healthy lifestyle, has given me a second chance. It's been 2 years and I feel like life has just begun.