

A Brighter Outlook

Ocean Medical Center *Weight-loss surgery gives Brick woman a new outlook on life.*



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Sally Michaels loves to go to the beach, especially during the off-season. The Brick resident also enjoys strolling the boardwalk.

SALLY MICHAELS IS A CONFIDENT, OPTIMISTIC, and healthy 49-year-old. She loves going to the beach, riding her bike, and spending quality time with her family. She eats a healthy diet, exercises, and feels beautiful. Not to mention, she has a wonderful relationship with her 15-year-old son and her husband. If someone were to ask Sally to describe her life today in one word, it would be “awesome.” However, if she had been asked the same question last year, her answer would have been quite the opposite.

An Ongoing Struggle

Sally had been overweight her entire life, constantly trying new diets and even taking diet pills at age 11. “I’ve always been insecure about my weight, and I always felt like it got in the way of my doing things I really wanted to enjoy,” Sally says. When she was younger, being overweight stopped Sally from playing sports and participating in activities with other children. She would try to lose weight on her own, but never succeeded. “I knew how to eat right. I just ate too much,” she says. “I would only exercise to lose weight, not to maintain a healthy lifestyle, so it became more of a chore than a habit.”



Sally's insecurity about her weight worsened as she got older. Her relationship with her son was strained because she became antisocial and embarrassed of herself. When the negativity surrounding her weight started to impact her relationship with her son and husband, she began to think about weight-loss surgery. "I had been thinking about surgery for the past few years, so when I came across an article about seminars for weight-loss surgery at Ocean Medical Center, I saw it as a sign," Sally says.

The Promise of a Solution

At 230 pounds, her highest ever, Sally attended a free seminar with **Anil Pahuja, M.D.**, a bariatric surgeon at Ocean. "I knew I was going to pursue this as soon as I met Dr. Pahuja," Sally says. Not only was Sally fed up with unsuccessfully trying to lose weight, but she understood the risks associated with obesity. "The first risk Dr. Pahuja mentioned was cancer, and since I have a family history, I knew I had to have the surgery to lessen my risk and stay healthy for my son."

After the seminar, Sally scheduled a consultation with Dr. Pahuja. "During a consultation for weight-loss surgery, we go over all of the benefits and risks, and describe the comprehensive program in place for all patients," Dr. Pahuja says. As soon as Sally booked her surgery, she was set up with a team of medical professionals to get her ready for the procedure.

From blood work and sleep studies to meetings with a dietician, Sally gained all the information she needed for success after surgery. "During the preoperation period, patients learn about the lifestyle changes involved with weight-loss surgery," Dr. Pahuja says. "Patients who fully understand those changes are the ones who do well and have long-term success." Sally would face physical and

emotional changes after surgery. Her diet would be completely different than it had been for years, and she would have to make weight loss a priority in her life.

A Life-Changing Surgery

On November 5, Sally underwent a sleeve gastrectomy at Ocean. "During this procedure, we remove 80 percent of the stomach, restricting how much food can be taken in and causing patients to get full quicker," Dr. Pahuja explains. After two short days in the hospital, Sally went home feeling great and was back to work within two weeks. She met with Dr. Pahuja and her dietician one week after surgery and again one month later to discuss her diet and ensure she was on track.

Within three months, Sally lost 45 pounds and started feeling like an enhanced version of herself. Sally and her son joined a gym together, and she feels like a positive role model for him. Her relationship with her husband is great, too, and she finally feels confident and comfortable in her body.

"I liked Dr. Pahuja the first night I met him, and then meeting his team made having this surgery a no-brainer," Sally says. "That one-hour seminar changed my life forever."

by *Randi Russell*

Considering Weight-Loss Surgery?



Bariatric surgery is a big decision that leads to lifelong change. Our surgeons perform a variety of procedures, such as gastric bypass, gastric banding, and sleeve gastrectomy. To find out all of your bariatric surgery options and to find a physician, visit OceanMedicalCenter.com/WeightLoss.

Exceptional Surgeons, Quality Care.

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- Perform more than 8,000 surgeries yearly, including: appendix, bariatric, breast, colon, gallbladder and hernia procedures.
- Have a dedicated operating room staff that is recognized nationally for nursing excellence.

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