

Case Study: From Slim Magazine July 2011 Jozsef Zsolti underwent Sleeve Gastrectomy in July 2010, here is his story.

At 56 years of age, Jozsef Zsolti was suffering from a number of weight-related health complications, including diabetes, high blood pressure and high cholesterol. To make matters worse, his kidneys were failing and he was facing a very premature death.

Jozsef weighed 115kg and his BMI was 39; he had uncontrollable eating habits, and his quality of life was diminishing beyond expectation. After trying for many years to maintain a healthier lifestyle and avoid diabetes, Jozsef felt he had run out of options to get control over his poor eating habits and began searching for weight loss alternatives that would allow him to live a longer, more fruitful life.

These were difficult times for Jozsef; he felt he had no alternative but to consider weight loss surgery, but he had so many questions and so many reservations about surgery. He needed advice and he needed it fast. He had become dependent on insulin to control his diabetes and was really concerned about his health and future. That is when WeightLoss Solutions Australia came into Jozsef's life. "The team at WeightLoss Solutions Australia were able to guide me and provide me with the support I needed to accept surgery as my only option and appreciate the benefits of having surgery. They understood my concerns and were there to help me all the way," he said.

Sleeve gastrectomy is an alternative weight loss procedure to gastric banding, involving the laparoscopic keyhole surgery) removal of about 75% of the stomach organ, without any re-routing of the intestinal tract.

With all intestinal connections maintained there are no malabsorption problems after surgery and expected weight loss results are very good, if not excellent, with most patients losing up to 50% of their excess body weight in the first 12 months.

The procedure is an extremely effective weight loss alternative for those who prefer an irreversible option that needs little, if any, ongoing maintenance following surgery. Sleeve gastrectomy reduces the food holding capacity of the stomach, leading to early satiety and fullness from a small meal.

The results for Jozsef and many others like him have been life-changing.

*Jozsef believes that his decision to undergo sleeve gastrectomy has given him back the quality of life he once so enjoyed. **Within two months of having surgery his blood sugars were in the non-diabetic range; he was off his insulin and no longer facing a lifetime of medication to control his diabetes.** He took that all important step to change his life and feels so much younger and healthier for it.*

Dr Layani, head surgeon from WeightLoss Solutions Australia said: "The results for Jozsef have been nothing short of amazing; he no longer lives with diabetes and his cholesterol levels are normal, as is his blood pressure. I see many patients come into the clinic suffering from chronic illnesses and to see them walk away healthy is fantastic!"

Just ten months after surgery, Jozsef is thrilled with the changes to his life. "This surgery has meant a not so sad farewell to all of the medications I was taking. I am now 100% healthy and living a fulfilled lifestyle that, at one point, I thought would be never possible. I have lost 30.5kg and my BMI is below 30 for the first time in many years!"

