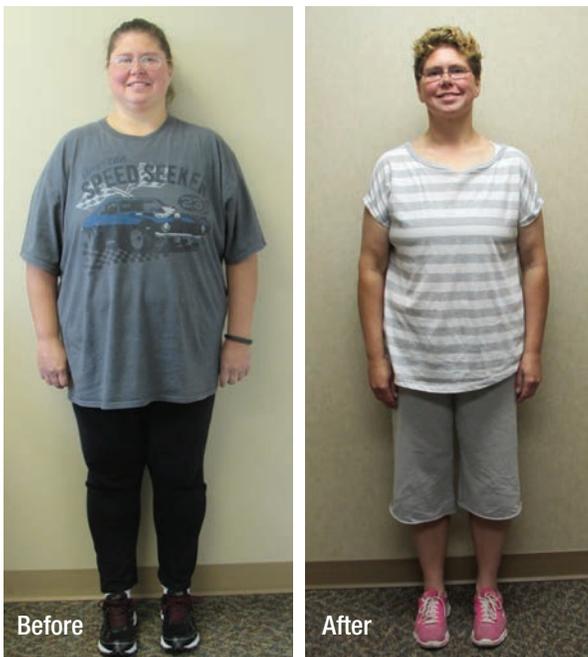


Bariatric Surgery

Patient Testimonial

Patient finds greater quality of life after bariatric surgery in Eau Claire



After several years of researching the possibility of bariatric surgery, Tammy Freeman, Eau Claire, decided it was time to have it done when she no longer could lose the weight on her own.

“About 10 years ago, I lost 100 pounds. Now, I’m nearing my 40s, and once you reach a certain age, losing weight becomes harder,” says Freeman. “I thought life before the surgery was good, but I didn’t realize how inactive I was until I talked with my doctor.”

Freeman lost 30 pounds in the pre-operative program and was approved for surgery by her doctor in October. During the program, she received assistance from a comprehensive support team made up of physicians, a dietitian and an exercise physiologist.

“The surgery took place near Christmas, and I knew that was going to be difficult,” says Freeman. “My dietitian at Mayo Clinic Health System helped me get through it, and I continue to work with her. If I ever have a question or concern, she is there for me.”

Making a lifestyle change like this one can be challenging, but Freeman says you have to stay committed. She has eliminated both sugar and soda from her diet, and has increased her physical activity by riding her bike and participating in community walks/runs. Freeman also attends two bariatric support groups at Mayo Clinic Health System: Bariatric Connections and a behavioral therapy post-op support group.

She now has lost 120 pounds and reduced her BMI from 44.2 to 28. Because of the lifestyle improvements she has made, Freeman says she finally can keep up with her 15-year-old son.

“I had always wanted to try kayaking with my son,” says Freeman. “Now I kayak and play basketball with him. We can do so much more together. The best part of this whole process is when we were playing together post-surgery, and he told me, ‘You’re so healthy, Mom. I’m so proud of you.’”

“Bariatric surgery is not for everyone, but I would do it again in a heartbeat,” says Freeman. “It’s the best thing I’ve ever done for myself, and I am grateful for the continued support from Mayo Clinic Health System.”