

# GBMC

## Patient Questionnaire

Patient Name: Pat R.

### 1. What brought you to GBMC?

*When doing research on gastric bypass surgery, I found the web site and noticed an article that one of the doctors had been given the designation as one of the top doctors in the area for bariatric surgery. I decided to attend an information session. This was the fourth information session I had attended looking for the right place and the right doctor to perform the surgery.*

### 2. Please briefly share your experience at GBMC, including what unit(s) you were treated on.

*After the information session I had an appointment with Mr. Moen, the nurse practitioner and the nutritionist. I liked the team approach they had to taking care of me. I had three appointments in three months during which I was on a diet and exercise program and lost 26 lbs. When the time came for my surgery I attended a pre-surgery class that was very informative. The nurse went over everything that would happen at the hospital from the time I checked in to the time I was discharged. At the first class the nutritionist went over what we needed to do before the surgery – fasting – and the stages of diet after the surgery from liquids to solid foods. On the day of the surgery, the nurses who checked me in were great and everyone was very good at making me feel comfortable. Even the anesthesiologist was nice and described in detail what would happen. I remember the anesthesiologist and Dr. Moen making jokes while I was on the operating table and the last thing I remember before I went out was Dr. Moen smiling at me and patting my hand to say it would be ok. Everything went as planned and I was out of the hospital in 2 days. The hospital staff was very nice and made me as comfortable as possible.*

### 3. How has your experience changed your or your family's life?

*Although I am the same person I am a new person as well. I have lost 123 lbs and am off almost all of the medications. I am no longer diabetic and the high cholesterol is gone. I was always a large person even in grade school and high school. I now wear a size 10, hike 10 miles on weekends and have done 3 backpacking trips this summer. I work out 4-5 times a week and feel fantastic. The thing that finally made me take this step was the daily pain in my hips and back from severe osteoarthritis. Since losing the weight and becoming physically fit, I have managed to put off a hip replacement for years. My life is much more active. I used to work a lot of overtime and stay at the office but now I can't wait until the workday is over. All week all I think about is planning what to do on the weekend.*

4. Are there any particular staff (doctor, nurses, other clinicians) that you were particularly impressed with, and if so, why?

*Well of course Dr. Moen was great and I knew when I heard him talk at the information session that he was the right doctor. Someone asked a question about the number of deaths that had occurred as a result of the surgery and Dr. Moen explained that there was one death but it was after the surgery and was a complication due to something that happened some time after the surgery. I heard the empathy and sadness in Dr. Moens voice and his demeanor demonstrated that it had affected him quite a bit. I knew then that he was the right doctor. Also the nurse was very helpful to me before and after the surgery. I am an auditor by trade and I typically ask a lot of questions. She always returned my calls and was very patient with my questions and me.*

5. Would you recommend GBMC to family and friends, and if so, why?

*I have recommended GBMC to two of my co-workers. However they both live in Virginia and decided to go with a location closer to their homes. One of them has had the surgery and is doing very well and the other is about to have hers scheduled. They both say talking to me and seeing me go through my weight loss experience has influenced them to have the surgery themselves.*

6. Please tell us a bit about your personal story before you received treatment.

*I was experiencing daily pain in my hips and back from severe osteoarthritis. I was unhappy and completely stressed out from working so much which I think was my way of avoiding dealing with my weight problem. Since I was successful at work I stayed in that mode because at home I wasn't successful with my health and weight issues. I was on two blood pressure medications, oral diabetes medication, Lipitor for high cholesterol and two anti-inflammatory medications. Now I am on ¼ dose of a water pill for high blood pressure, which is genetic in my family, and take Celebrex for the osteoarthritis. That's it! I rarely exercised and when I did I was in so much pain I was totally unmotivated to continue. Now I panic if I miss a more than one day of exercising. I have always wanted to hike and I remember trying to do a 2 mile hike at Harpers Ferry and after about a mile I sat down and cried because I was in so much pain I couldn't go on. A year after my surgery I went back to Harpers Ferry and hiked an 8 mile hike with a friend who is very physically fit. It was a joy!*

7. Where are you now? Have you completed treatment or are you still receiving treatment?

*I am doing great as I indicated in the previous questions. It has been 1 year and 7 months since my surgery and I am not receiving any treatment associated with the surgery. I rarely get sick from what I eat and am still following most of the rules set down by the bariatric program. I get lots of compliments from people that I know and almost weekly I run into someone who hasn't seen me in a few years and they are shocked! I feel fantastic and know that the surgery was the best thing I ever did for myself and I will maintain my weight loss for life.*