

Transcript: Feeling Scared After Surgery

There were definitely challenges that I faced after surgery. It was difficult adjusting to the new stomach and also to not being able to eat some of the foods I ate prior to the surgery... for the few weeks post-surgery. So I was a little scared because I thought, I'll never be able to have that ice cream again or I'll never be able to have frozen yogurt. And it was a little scary too changing portion sizes because I was just used to eating a certain amount of food. I would be with my family and my mom would cook a meal and I'd go and pile all the things on my plate the same way I used to. And then I'd take a few bites and I'd be done. And that was a little scary, because I was like, wait--but I love this and that's my favorite thing that my mom makes, and I can't eat it now because I'm full. It was a little scary to adjust to that change of just understanding that you can't eat that way anymore.