

Transcript: Free From Diabetes

Weight loss for me has been a big problem for the last 30, 35 years. Simple little things, interaction with the kids, playing sports, work, bending down to put socks on.

Little things get you down. You go on a plane, they give you an extension for your seatbelt. That's embarrassing. You walk down the aisle and you don't fit between the aisles.

In the past, I tried many different diets. Nothing was too successful. It was depressing. You put a lot of work into doing, to getting, or achieving something and you can't achieve it. You feel like, what's the point in doing it?

I was first diagnosed with diabetes approximately 20 years ago. When I had my last test, my last blood test, and found that my sugars were still up in the high teens, I knew something had to be done.

For me, this has been a fantastic success. I don't remember ever being this weight that I am now. I can do things that I haven't done since I was 17 or 18 years of age. It's a very nice feeling.

Not only for the health side of things, but just to go out and go shopping. Now I can actually go out and buy clothing that the general public will wear and actually look good in it.

My weight has been stable for well over 12 months. My diabetes is resolved. My sleep apnea is gone. No more injecting in the mornings, at lunch time, in the evening. No more checking your sugar levels. I do check my sugar levels once a week, on average once a week. I don't do it every day or three times a day as I used to.

I've got my life back. I can interact with my kids. I can do things with my family. It's just something...it is the best thing I've ever done.

This can bring tears to my eyes. I get emotional, I know I shouldn't but...this has changed my life. For me, this procedure, it was the answer to everything.

The future for me: good health, good life. If anyone would ask me, I would tell them I would go ahead with it. You get your life back, you're a new person.