

## Lap Band Changes Life

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Cynthia, 48, came to TopSurgeons because she felt having the procedure was the best thing she could do for herself.

After having her children, she gained some 70 pounds, noting that she put her family first and didn't always put herself first.

"I decided I needed to take some steps to lose the weight," Cynthia said, especially since her doctor informed her she was starting to develop some health issues that revolved around her weight.

"I did all my research on the Lap Band and was almost skeptical thinking it was too good to be true. I feel it has been easy to continue with the weight loss and I feel more active. I also feel I'm eating healthier and doing more things with my kids."

Cynthia said she was in a spiral with her weight problem and was becoming depressed, noting she felt worse and the more she thought about food, the more she ate.

"Having the Lap Band surgery has worked immensely on my self-esteem," Cynthia said. "I think I will meet my weight loss goal and I don't think I will fail at this. My goal is to lose 70 pounds and I feel I will still have a nice figure and that will make me feel better about myself."

Cynthia credits the staff at TopSurgeons, noting there are a lot of beautiful people there, that are very understanding and so supportive. "That has really helped me in coming here," Cynthia remarked. As for those who may be interested in Lap Band surgery, Cynthia advises asking questions, doing research and making the best decision for you.

"This has been the most simple weight loss journey for me," Cynthia commented. "It has been very simple."

With her weight loss goal in sight, Cynthia is quick to point out that anyone can put their mind to this and get back on track when it comes to conquering being overweight.