

“Benefits of a Healthier Lifestyle”

Many people who are overweight and/or obese have illnesses such as diabetes, high blood pressure, high cholesterol, joint pain, back pain, sleep apnea and heart disease. If an individual does not have these conditions most likely they will develop one or more of these illnesses if they do not achieve a normal weight or if they continue to gain weight. Weight loss surgery can help someone achieve a normal weight and eliminate these conditions or reduce the devastating effects of these diseases so they are more manageable. People who are on medications for high blood pressure and diabetes are usually able to stop these medications.

Males can expect greater and improved sexual function and most women will have normal periods. People report increased energy, making it easier to begin and maintain a regular exercise program therefore optimizing their weight loss. Equally important is how you will feel mentally. An improved physical appearance will give you more confidence and boost your self esteem.