

HOW WEIGHT-LOSS SURGERY CHANGED CHRISTY AVERY'S LIFE

Christy Avery, 38, had been struggling with her weight since seventh grade. When she could not fit on an amusement park ride with her children, she knew she needed a lifestyle change. She had already been diagnosed with sleep apnea, high cholesterol and prediabetes, and she longed to enjoy life with her kids and be healthy.



Aaron Cernero, DO
Bariatric Surgeon

Christy met with Aaron Cernero, DO, Bariatric Surgeon with Texoma Medical Center's Weight-loss Surgery Program. He recommended the sleeve gastrectomy, which removes 60 to 85 percent of the stomach and leaves a pouch the size of a banana. Christy says Dr. Cernero thoroughly explained the process and went the extra mile to ensure she was ready for surgery. "The whole concept was scary at first. You have to be willing to make changes in your life. There is no easy fix when it comes to losing weight," she says.

Christy underwent a series of evaluations, along with nutritional counseling before surgery. "Having this surgery means making a commitment to lead a healthier lifestyle," says Dr. Cernero.

It's been two years since her surgery and Christy couldn't be happier. She's lost 150 pounds and wears regular-sized clothes, can run a mile and no longer has sleep apnea, prediabetes and high cholesterol. "I eat a lot of clean foods, smaller, more frequent meals, and I stay away from processed and fried food. I followed Dr. Cernero's recommendations and attended the support groups, and it made the difference for me," Christy says. She continues to refer people to the program because of her experience. "Dr. Cernero and the staff took such great care of me before, during and after my surgery. I am so glad I chose TMC on this journey to a new me!" ■



Inset photo: Christy Avery before losing 150 pounds. "I wanted to be healthy so I could be here for my family. Weight-loss surgery changed my life!"

IS WEIGHT-LOSS SURGERY RIGHT FOR YOU?

Attend an educational seminar at Texoma Medical Center
Visit www.texomamedicalcenter.net/weightloss for more information, dates, times and to register.



Texoma Medical Center's Weight-loss Surgery Program is the region's only fully accredited bariatric program as designated by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).