

One Woman's Weight Loss Journey

After more than 11 years, Gail D. from Sharon still has her guard up. In 2008, after years of yo-yo dieting, difficult-to-control diabetes, and a general sense that her life was not being lived to its fullest, Gail chose to have Lap-Band surgery. That decision has put her life on a completely different path. Gail, motivated by her upcoming 50th birthday, knew her weight was an issue. It was contributing to her diabetes and her general inability to enjoy some aspects of her life. After significant personal research including speaking with physicians in the area, she chose to have the Lap-Band procedure with Dr. Adam Glasgow.



“My brother and I joke that the Lap-Band was my mid-life crisis while my his was getting a Harley Davidson,” says Gail.

Since having the surgery, Gail, who is now 61 years old, has maintained an approximately 110 lbs. weight loss. She no longer takes any medication to control her diabetes and her world has expanded in ways that she could never have imagined prior to surgery. “Walking up a flight of stairs was difficult for me and now, I’ve run marathons, climbed Mt. Washington and have made a whole wonderful group of friends and supporters through my gym. I wasn’t expecting any of this but have found that the better I feel, the more I am able to do. My success is day by day, meal by meal. I walk the talk everyday and try very hard to stay focused on all the activities I can now do, things I can enjoy and my future plans.”

According to [Adam Glasgow, MD, MBA](#), Director of the Norwood Hospital Weight Loss Surgery Program, as the stigma surrounding surgical weight loss procedures has decreased and more patients have pursued the surgery, he has seen more success stories like Gail’s. “Fourteen years ago, my team and I began performing weight loss surgery. Patients like Gail, who have enjoyed amazing and lasting success, keep me focused on providing this life enhancing surgery. Surgery may be the tool that kick starts weight loss but it is the day-to-day efforts of patients like Gail that ensure long-term success. Our program mirrors that success in that we’ve been able to grow a Gastric Sleeve program. In just six years we have performed almost 700 procedures. We are so happy and proud to offer these services close to home to the people and communities that we serve.”

Gail attributes her success in losing and keeping off the weight to a daily focus on her plan and her goals. She enjoys regular exercise at least three and sometimes five times a week. She is also committed to Dr. Glasgow’s program, including attending regular support groups. Gail, who now has to contend with some arthritis, is not letting it get in the way of her decade-plus healthy lifestyle. “One of my dreams was to attend the Rose Bowl Parade in Pasadena, California. I feel healthy and comfortable and my husband and I are traveling next year to fulfill this long-time goal. I feel comfortable on a plane and want to continue to travel.”

According to Gail, once she made the decision to have weight loss surgery, she never once looked back. “I did the research and felt I had the best surgeon I could possibly have and was ready to make the change. I encourage anyone who has struggled like I have to start a conversation with their PCP and do their own research. Surgery is always a tough decision to make but in this case, it is one they won’t regret.”

For more information, please visit us at www.norwoodhospital.org/weightloss or call 781-278-4114.