



Dana's



Step with Dana through the journey of bariatric surgery to a new life.

by Lisa Samalonis

Dana Erbayri biggest fear was that her excess weight and type-2 diabetes would steal her health and end her life before she could fully enjoy it with her husband and children. At 26, 5'4" and 299 pounds, Dana was a shadow of what she used to be. "When I looked in the mirror before my decision to have surgery, I would think that is not me, that is not who I should be," she says.

● On the Road

So she decided to embark on the weight loss surgery journey she hoped would eradicate her diabetes and help her live a healthy life. "My doctor had just doubled my diabetes medicine and also put me on high-blood pressure pills," she explains, adding that she had never been able to sit on a swing or an amusement ride with her son or daughter before. "I was afraid if I continued to gain weight my body was going to just give up and I would die from my diabetes."

Even though Dana tried to lose the weight on her own, she was never successful. This reality motivated her to call her insurance company, ask about her benefits, and find an approved surgery center. As Dana navigated the steps along her journey, which also included pre-surgical counseling and testing, her family, friends, and doctor, along with his staff, supported her.



Journey Back to Health

● Thumbs Up

Surgeon Leon Katz, MD, and his staff were instrumental in Dana's new beginning. "Our goal and training is to help patients get a second chance at life. This is a way to press the reset button so patients can start the life they have envisioned having," says Dr. Katz. "For Dana, a young woman with diabetes, our mutual goal is to help cure that disease. The weight loss and being able to fit in smaller clothes are just pleasant side effects."

Dana notes that she remained committed in order to reach her goal. "When you start the process you visit a variety of doctors to check your overall health, but then after you are cleared by the doctors it is great because you have all of them telling you that you are ready for surgery," she says, smiling.

● Essential Support

Weight loss surgery patients attend support group sessions prior to surgery and then afterwards to get a realistic idea of future challenges. "The day I walked into my first support group I was scared. With being heavy, I don't like to be in crowds. I feel uncomfortable," explains Dana. "But then I met people whose struggles were like mine and I felt so much better."

Hearing other people's successes motivated Dana to stay on course. "Without the support group I don't think I could do this. Even after the surgery, I needed people there backing me up," she says.

● Recovery and Beyond

Dana's nutritionist, Rachael, counseled her before surgery about nutrition and exercise and also helped her learn to eat in a new way. "In the beginning I wasn't ready for all this change. I thought: am I gonna be able to do it? But I have to do this. I have a goal and I can do it. At the end I am going to be happier," she says.

It's not too late to change the course of your life. Dana explains, "If you are thinking about having surgery you should look into it. Do everything in your power to set yourself free to be who you want to be."

Follow Dana's journey, which is an example of how weight loss can help turn health around, and learn more details about her surgery, results, and beyond at the website Bariatrics4Diabetes.com. ●

● To follow Dana's journey visit Bariatrics4Diabetes.com/WLS

Besides Dana's videos, there is much more valuable information for you at Bariatrics4Diabetes.com. Learn more about the connection between bariatric surgery and diabetes, explore the various procedures and which one may be right for you, and even locate a bariatric surgeon in your area. Bariatrics4Diabetes.com has the resources and support you need for this important change in your life.