



KETTERING MEDICAL CENTER
SYCAMORE MEDICAL CENTER

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Common Setbacks Are Not Such Big Problems For Centerville Man, Now 160 Pounds Lighter

CENTERVILLE -- For one anxious moment, Tony Heston wondered how he was going to get into his car. Someone had parked very close to the driver's door, which used to cause him great anxiety. But then Tony remembered that he is not the 461-pound man he used to be.

He slid easily into his car, thanks to the 160 pounds he's lost since surgery at Kettering Weight Loss Surgery. Now the Centerville resident looks forward to sliding into other seats too. "Work is sending me to California. I said yes without hesitation, whereas before I would have been worried about fitting in the plane seat." Heston said. "And at restaurants, the hostess just sits me wherever without concern of if I will fit in the booth or whether the chair will support me."

Tony's concerns about where he will fit are now cut down to size . . . at least as much as a 6-foot-8 individual can expect them to be cut down. But deciding to get weight loss surgery was not something he took lightly. He tried other methods and carefully considered it.

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Tony would break into a sweat and experience joint and back pain while doing something as simple as climbing a single flight of stairs. At only 33 years of age, he wondered if his heart would last until his 50th birthday. “I tried every fad diet and exercise,” he said. “My last attempt to lose weight yielded only a 24-pound drop in eight months.”

Several visits to weight loss surgeons and informational seminars brought him some clarity. “Within the first five minutes of Dr. Anderson’s seminar I knew she was the surgeon I would trust my life with and that Kettering was where I wanted to have my surgery. It is utterly amazing what they do there,” Heston said.

“Dr. Anderson is so in-tune with her patients,” Heston added. “It’s very important to have that peace of mind that you are in the hands of a perfectionist, and Dr. Rita’s bedside manner is top notch. I will never forget the first time she saw me after surgery. She gave me an enormous hug.”

In August of 2008, Tony began attending support group meetings and pre-operative classes at Kettering Medical Center. In March, he had a Roux-en-Y bypass, the most common method for weight loss surgery. It involves the creation of a smaller stomach pouch, roughly the size of an egg.

“I’ve felt like a new person since waking up in recovery,” Heston said. “The night of the surgery I was able to get up and walk several laps around the hospital, and I continued to do so for the next two days. I honestly believe I could have gone home within 24 hours because I was feeling that good.”

Roux-en-Y provides the best results in weight loss and patient compliance, and clinical studies suggest it is the best surgical method for the resolution of diabetes. Just seven months after his Roux-en-Y, Tony’s life has undergone a radical transformation.

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“I have a ton of energy! I feel healthier and I sleep like a baby. There is a renewed sense of self confidence,” said Heston, adding that does water aerobics and weight training at the gym five days a week. Stairs are no longer a chore or painful – he can easily run up four flights.

“People see the obvious physical transformation from weight loss surgery,” said Rita Anderson, MD, PhD. “What they may not realize is that the surgery can also help eliminate internal health issues that often stem from obesity, such as diabetes, sleep apnea, heart disease and high blood pressure.”

It is important for patients to find a full-service program like the one at Kettering Weight Loss Surgery -- a Bariatric Surgery Center of Excellence as recognized by the American Society of Metabolic and Bariatric Surgery. Pre-surgical seminars show patients what to expect in nutritional change, interpersonal relationships, exercise and general health.

Care continues after surgery with the surgeon, exercise physiologists and support groups working to ensure the success of every patient. “The staff at Kettering Medical Center is phenomenal, and the care is first class,” he said. “They are right there after surgery, and they care. The support groups and aftercare are more than anyone could ask for.”

Tony recommends the surgery to those who have struggled like him. He jokes, “I have sent so many people to Kettering Medical Center that I am waiting on my toaster.”

For information on free weight loss surgery seminars at Kettering Weight Loss Surgery, call **(937) 433-5957**.