

Changing Lives One Patient at a Time

Sometimes our patients say it best; this is an email I recently received. It shows how even when you lose hope completely, you can succeed.

1st grade through 7th grade I was severely picked on; everyday people would make me cry because I was so overweight. I played guitar very well but my fingers got too fat, so I couldn't play anymore. Everything that was good in my life went bad...fast...and then I developed severe depression and was hospitalized. I have been on meds ever since I was 7...some of my meds were weight gainers and made me even bigger.

In high school, I weighed 350 lbs. at 6'0". I was a ghost, no one talked to me; they put me in a special education program. There I met some friends and had a girlfriend for 10 years. She broke up with me because I was getting more obese. Being morbidly obese affected every aspect of my life...I was constantly losing friends and not able to enjoy my favorite hobbies.

After high school, I started taking boxing at 350 lbs. for self-defense. My trainer showed me how to use my strength and defend myself...I wanted to create a scary image so no one would mess with me anymore.

On January 16, 2008, I walked in the Smart for Life Center at 29 years old with my mother. I was very testy, nervous, embarrassed to be there; I had c-cup breasts and a belly, wore a size 52 jeans and a 5XL shirt. My mother constantly encouraged me to go out and get outside but I didn't want to leave my room because I was so depressed. I had an enclosed life: I was getting fatter, drinking a 12-pack of soda a day, 1-1/2 pizzas, 2 subs for dinner...I didn't diet because I thought there was no hope, I thought I would be living in my basement for the rest of my life...if I were to stay in the mode I was in, I would have probably died.

Ever since I started Smart for Life, I have been happier, self-assertive, and motivated. I went back to college. I also picked up my guitar for the first time in 9 years; the body of the guitar fits but because I was on so many prescription drugs, I forgot how to play. Now the music is starting to come back to me. Being at the Center and seeing the staff was the most helpful thing in the world—it



Sasson Moulavi, M.D.

helped me return every week. They were so kind and compassionate; I wouldn't take off my shirt. They understood.

My life has changed: I visit the Center every Tuesday. I look forward to getting up in the morning, enjoying my hobbies and going to the gym. From January to June, I lost a total of 118.5 lbs. I made sure I followed the diet exactly—I didn't cheat. The weight loss made me continue. I dropped 5 shirt sizes to an XL and 11 pants sizes to a 40 now. I did not lose any muscle mass, only fat. And that was important to me.

My medications

changed: Seroquel for sleep was 900mgs, down to 200mgs. Off blood pressure meds completely after relying on them 2X a day. No longer at risk for diabetes. Stopped taking Trazadone and Zyprexa all together!

Smart for Life totally changed my life. I will always be grateful to the company, the staff, and the doctor—especially the doctor. I feel like a completely different person. I wish the kids in 7th grade could see me now.

For those of you in this situation, get up and join a weight loss program that's right for you – preferably with a doctor. And never, ever give up! —Dr. Sass

Write to "Ask Dr. Sass" at Drsass@smartforlife.com. Mention this article in the Boca Center and get a FREE pack of cookies and a FREE BMI—compliments of Smart For Life.

Listen to "The Smart Show" with Renata and Anita every Sunday at 8-8:30 am on WINZ (940AM) or on the Internet at www.940WINZ.COM

Listen to Renata Moulavi and guests with Anita Finley on Saturday, July 19 from 7:00-7:30AM on WSBR 740AM and on the web at www.wsbradio.com.

Dr. Sass (Sasson Moulavi, M.D.) is the Medical Director of Smart For Life Weight Management Centers, one of which is located in Boca Raton at 190 Glades Road, Suite E. Call for information and to set an appointment at (561) 338-3999 or go on the web: www.smartforlife.com

Locations in Boca Raton, Wellington, Port St. Lucie, Jupiter, Aventura, Kendall. Call 1-866-821-THIN or visit www.smartforlife.com

