

Life with Bariatric Surgery

Obesity has become a significant health problem amongst many people. With the mainstream media world, thin celebrities, and idols; it is easy to see why a lot of obese people want to lose weight. However, it is not as easy to lose the weight than it is to gain. With only a few weight control options people with this problem are left with only limited options. One of these options happens to be undergoing Bariatric surgery. This is a procedure that is done to help people with extreme obesity lose weight. This procedure is very extreme and it provides immediate weight lose which isn't good for the body however it can provide amazing results in the end.

In interviewing Rhonda, a lady who has underwent Bariatric surgery; it was evident in understanding why she partook in such an extreme surgery. She mentioned that she was aging to forty and was very obese. She felt as if she did not do something about her weight then she would have a huge number of health issues that could possibly lead to her death. Rhonda heard of Bariatric surgery and decided to do some research on it. When she felt that she had gained a lot of knowledge on it and decided that's what she wanted to do she went to a seminar that discussed the surgery more in-depth. She knew and understood the dangers and drawbacks of this surgery; however she made the choice to go through with the procedure anyway. I asked her what made her come to the conclusion of having the surgery, that's when she explained to me that she was around three hundred and two pounds and she was already experiencing health problems. She said that one turning point was the time that she went to a theme park and she was nervous when the bar seemed as if it was not going to fit. "It was so embarrassing to sit there and see how my weight was affecting me" Rhonda stated. Later Rhonda talked about having the surgery and how it has changed her life. She

mentioned that she has dropped to an amazing one hundred and fifty pounds and feels great. When asked what was one of the biggest changes that she noticed?, she replied “ I can finally walk into a regular store in the mall and don’t have to worry about if I can fit the clothes because I know I can now. I can buy nice clothes now!” Rhonda went on by telling me how her family was for her getting the surgery and how she thought it was one of the best decisions she has made. Rhonda mentioned that she would recommend this to anyone who is serious about it. She said that this procedure is nothing to play with and they need to understand that it is not just a one step process and in fact she has had three surgeries all together. In closing remarks she believes Bariatric surgery is a great procedure and that if a person is motivated and can deal with the new eating habits and modifications then this operation can be successful in changing their lives for the better.

Compared to the literature review articles and my interviewee, both informs us of the highs and lows of having this type of procedure done as well as the knowledge behind it. However, having the opportunity of interviewing Rhonda was a bigger source than to just have taken something off of an article. I was able to get a one on one story base and actually be confronted with someone up-close and personal who has undergone such a drastic surgery. There is no way I could get as much of an impact from an article or something that I’ve read, rather than to hear it come out of the mouth of the individual who has experienced it first hand.

The two theories that I have chosen goes hand in hand with my interview data. This is a medical procedure so the medical model theory had a lot to do with Bariatric surgery and there is conflict with everything dealing with this procedure therefore the conflict theory is ideal for this data as well. Having the surgery is a life altering change and one has to understand the dynamics of what goes on during surgery, the conflict they will face after surgery, and the multiple treatments that they will undergo in the future due to having this procedure.

In conclusion, Bariatric surgery can be a wonderful thing. If you are a person who can’t seem to control your weight whether it be heredity or not. If you have tried all of the exercising techniques, weight

lose pills, and dieting and none of that seems to work. Bariatric surgery is the option that many choose to consider. My interviewee Rhonda stated that there isn't anything negative that came out of her having the surgery other than the diet change and triple reconfiguration surgeries in which she still feels those aren't negative instead they just change. She only sees the positive things and strengths that came out of it such as being healthier and able to do things that normal people should be able to take part in. This should be an eye-opener for all individuals facing the problem with obesity in understanding that there can be a way out and that there now is an option to living a healthier and more controllable lifestyle.