

CENTER FOR COMPREHENSIVE WEIGHT LOSS

DOUG'S NEW LIFE!!!

Hello Everyone,

My name is Doug Filkins. I am 40 years old and have been married to my wife, Naomi for 21 years. We have 4 sons and 1 daughter whose ages range from 3 to 19 years old. I had tried for years to lose weight by different diets, exercise, and even by starving myself. Nothing ever seemed to work for me. By the time I was 32 years old, I was required to sleep with a C-Pap machine due to sleep apnea. I struggled with not being able to play with my children, and this bothered me tremendously. I was always tired. It seemed like I was grouchy most of the time towards my family.

I got so tired of being heavy and not being able to control my weight, that I finally went to my family doctor for advice. He told me that if I didn't do something soon, I wouldn't be able to see my children grow into adulthood. He said that I would either have a heart attack or stroke within the next couple of years due to my obesity. My family means

everything to me. This is why I decided to call the Hurley Center for Comprehensive Weight Loss.

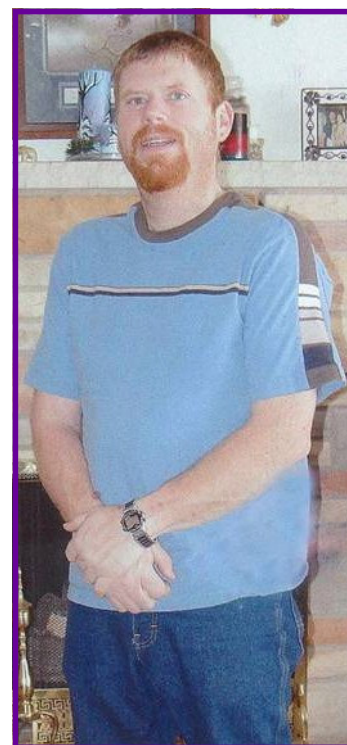
On March 25, 2004, I had my surgery with Dr. Obeid. By this time, I weighed 300 pounds and was extremely miserable. Everything went well with the surgery, and I was amazed at how smooth recovery was. I did have some pain and tiredness, but not nearly as bad as I expected it to be. Dr. Obeid and his staff have been very helpful answering any questions or concerns that I might have.

I am now one year post-op. I have lost 140 pounds and now weigh 160, and I have never felt better. I went from a size 46-48 blue jeans, down to a 32. I wore a 3x shirt and now I wear a medium. Not only has my body shrunk, but my feet actually shrunk too. I used to wear a size 12 and now I wear a size 9 1/2! Kind of funny, huh?!?!?

Doug's story continued on page 2.....



***Before Surgery at
300 pounds***



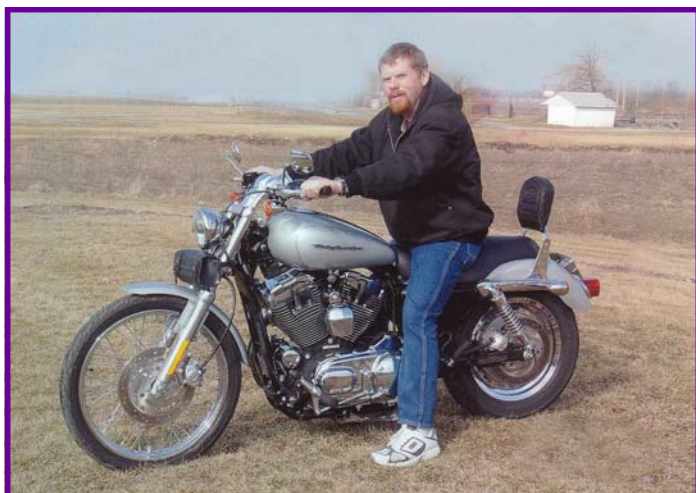
140 Pounds Lighter!

DOUG'S STORY...CONTINUED

Thanks to Hurley Center for Comprehensive Weight Loss and Dr. Obeid, I am half the man I used to be (literally!). It feels so nice to actually buy clothes at the regular stores rather than the Big and Tall Shops (plus, it's cheaper too!). I have so much energy now that I can actually play with my children again. I can enjoy riding my Quad with my boys and do all the fun stuff that parents are supposed to do with their children. I feel that I am very blessed by God with my family. Now I can show that I appreciate them with all that I have.

Dr. Obeid, his staff, and God have given me my life back and I am very thankful. I also want to thank my wife, Naomi and all of my children for the love and support with my decision to have this surgery done. They have supported me 100%. I have a wonderful life now.

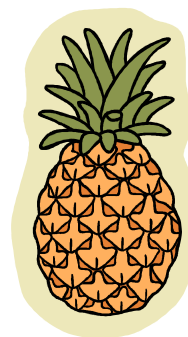
Thank you again and may God Bless you and your Family.



Nada Colada Protein Shake

From www.about.com

2 scoops vanilla protein powder
1/2 c pineapple-orange juice*
1/4 teaspoon rum extract
1/4 teaspoon coconut extract
(or 2 tbsp shredded coconut)
1 packet artificial sweetener
4 oz. water (or low fat milk)
3-6 ice cubes



Directions:

Add all ingredients to blender, whip and serve.

*Low-carb version:

Omit juice and use 1/2 teaspoon sugar-free pineapple orange juice mix (dry). Increase water or milk to 8 oz.

Nutritional Information: (excludes protein powder and milk)

Calories 61; Carbohydrates 15 g; Protein (see protein powder and milk nutrition label) Fat 1g; Fiber 0g.

HURLEY

CENTER FOR
COMPREHENSIVE
WEIGHT LOSS

Recipe Contest Winners...



Lime Salad *submitted by Tonya Coty*

2 packages of Sugar Free Lime Jell-O

1 pint fat free sour cream

1 can crushed pineapple

Nuts and canned cherries in their own juice

Make Jell-O as directions indicate on the box, add the sour cream and pineapple. Mix thoroughly and then add the nuts and cherries as toppings.

Winners
received a
\$25.00 gift card
to Target or
WalMart
(winner's
choice).

Carmel Apple Fluff *submitted by Jeni Allen*

1 large container Fat Free Cool Whip

1 box of sugar free butterscotch pudding, prepared

2 granny smith apples (diced)

1/2 cup of pecans (optional)

Mix cool whip with pudding and add apples and nuts.

Chill



We're Looking For Success Stories!

We're looking for Success Stories to be featured on our **soon-to-be-released, new and improved website**. Selected candidates must be willing to be styled and professionally photographed in a location within 175 miles. Stylist and photographer services will be complimentary, and \$20.00 travel reimbursement will be given. Candidates must sign a release to use the photos and testimonials for promotion of the Center for Comprehensive Weight Loss. **Interested?** Send a current photo and a brief summary of your weight loss experience by **May 15th**. Send a self-addressed stamped envelope if you would like your photo returned.

CCWL Success Stories

3891 Rancho Drive, Suite 10

Ann Arbor, MI 48108

Deadline: May 15th, 2005

Note From George: Is Surgery Really The Easy Way Out?

The patient looked me square in the eye and complained, "My friend said that I was taking the easy way out to have this surgery." Then, she intently searched my face for an answer. She couldn't help but see irritation written all over it as she heard "Easy way out? It most certainly is not!!! The heck it is!!!" Each time I hear this phrase "easy way out," it's like chalk screeching on a blackboard. Why?

First, it's such an ignorant, prejudicial thing to say. The abusing friend must know that the target, our patient, has tried and tried non-surgical methods to lose weight for many years. And, one can hardly miss the outsize result—obvious failure, heavier than she's ever been. This patient's best weight loss efforts didn't work long-term just like they fail for 98% of all others like her who try. If any of them did work, you can bet that many of those 60-plus percent Americans who are overweight or obese would be using it. The newspapers, magazines, radio, television, internet would be buzzing with this incredibly successful weight loss program. It would be a major triumph like a cure for cancer or for the common cold. The successful program would rapidly develop into billions of dollars worth of business for that obesity treatment. Obesity surgery, currently exploding in popularity around the globe, including our country, would dry up. Nothing like this is happening. Long-term, the non-surgical approach works only rarely, if at all. What does this "friend" really mean?

In not so many words, this patient's "friend" is also saying "Zip your lip. Push away from

the table. That's what you need to do to lose weight!" We all know just how hard this is to do. We also know how worthless this type of cheap advice really is. It is worth about as much as you pay for it. So, repeatedly setting oneself up to fail with useless voluntary weight loss treatments must be what the patient's friend means by the "hard way out." If this hard, near-impossible, way is the true path, anything must be better, even what the friend's eferred to as the "easy way out," surgery.

But, is it really "the easy way out" to admit needing help because nothing short of surgery, including diets, pills, exercise or behavior modification, have worked long-term? Is it "the easy way out" to continue heading into a likely shorter life, an ever-worsening quality of life, pain, different diseases such as hypertension and diabetes, the fear and misery associated with an increasingly hopeless future, the social pains, and, for many, depression? Our patients have each said, or implied, "NO! I won't take this any longer!" And why should they have to? Why should they be forced to continue the remainder of their shorter-than-average lives, trapped in a huge overcoats of fat which they cannot remove with diet, exercise, behavior modification or pills? It doesn't make sense to continue to suffer when relief is possible with bariatric surgery.

If bariatric surgery were the "easy way out," it must be pain-free, easy surgery, not any worse than "minor surgery" and without any risk. As anyone who has even a superficial knowledge of bariatric surgery learns, this is far from minor surgery. Besides, as has been said, "There's no such thing as minor surgery, only

minor surgeons." And, nothing minor about bariatric surgeons. This surgery is major, no doubt about it. It is an issue of our patients' courage to proceed with the surgery—"taint "easy," that's for sure.

And what about our patients' courage? Doesn't it take a lot of courage to ask for help, especially when certain friends, co-workers and relatives play the "easy way out" tune and other mind games? And, doesn't it take a lot of courage to also seek surgery that they know will cost pain, expense, risk and personal inconvenience? Yes, Virginia, there is a Santa Claus and also there are Surgical Patient Heroes who have demonstrated their courage by having bariatric surgery. They are our CCWL patients. The courageous support of their Spouses and Significant Others deserves the Unsung Hero's Award.

But, fundamentally, this patient's friend's "easy way out" versus "hard way out" argument is not really the issue here. Being morbidly obese is about as hard as many diseases get; it involves a lot of increasingly "hard" physical, medical, social, psychological and economic suffering. Whatever the treatments chosen, being morbidly obese is "hard" for all those with this disease.

Rather, the friend's "easy way out" is a crudely sarcastic and mean-spirited way of saying that the surgery makes weight loss easy by doing all the work for weight loss. We know that bariatric surgery is only an aid to weight loss and that the patient has to work to make it successful. But, isn't that the gift of birth that a stick-thin person has?

Note from George...continued

His or her brain, driven by those wonderful God-given thinness genes, makes this person feel full after eating fairly small amounts of food. And our surgery has the same result—our patients feel full after eating small amounts. However, they each must make healthy food choices to make their natural or surgical thinness work successfully for them.

Thousands of our patients have told us that their bariatric surgery was the only sensible “way out” to achieve their goals. They had tried everything; there was nothing left which could remove their large overcoats of fat and disease burdens. For them, the issue was not “hard” or “easy” but whether bariatric

surgery or repeated voluntary weight loss failures was the most “sensible” choice. And, for them, the surgery clearly was the answer.

Since non-operated persons die at earlier average ages than surgical patients, their “hard way out” is really the hardest way out—out of this life. that time. Not bad for the highly-sensible “easy way out,” huh?

On a scale of Zero (0) to dead they’ve reached the outer limit. So, bariatric surgery is, by comparison, easier if you consider that the surgical patients live an average of 10 to 15 years longer than they might otherwise have, free of most co-morbidities and with a vastly improved quality of life during Congratulations to

those of our CCWL patients who have chosen their sensible “way out” through bariatric surgery. Long may you all enjoy. May the “Way” be with you!!!!

--George S. Cowan, Jr., M.D.



Do you know.....

Do you know someone (family, friend, coworker, doctor) that might be interested in receiving the CCWL newsletter?

If so.... send us their name and address and we will make sure they get on our mailing list.

Send **their information** to:

editor@ccwl.info

Or CCWL Newsletter

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