

A word on my weight loss surgery 3 months out

By Dr. Kenneth DeLay Jr., MD

It's funny how immediately after surgery you are constantly reminded that you are a "bariatric patient". It had become a huge part of my identity. I have lost 70ish pounds since the day of surgery.

I thought I would give more updates about being a post-op patient. But I quickly just found my new eating habits to be a new normal. I don't think about it. What I do think about is how restored my life feels. I no longer see myself as "fat".

After years of being unhappy with all clothes, I love getting dressed up again and having fun with it. I love how I feel more energetic and present. I almost even enjoy working out.

While I will always have to be aware of behaviors that can lead to regain I feel free. I feel free to be who I am. I am a husband, a father, and a urologist and I feel like I am able to be those things more fully.

Wellness is a gift I will never take for granted. This surgery is a gift. Life is a gift.