

Weight Loss Surgery Helps Peter Lose 20 Stone



Peter Warren, 35, holds a picture of himself prior to weight loss surgery. At his heaviest he weighed 32 stone. He is now just 12 stone.

At his heaviest Peter Warren, 35, of Hanwood, near Shrewsbury, tipped the scales at a dangerously unhealthy 32 stone and rarely socialised due to his 66-inch waistline.

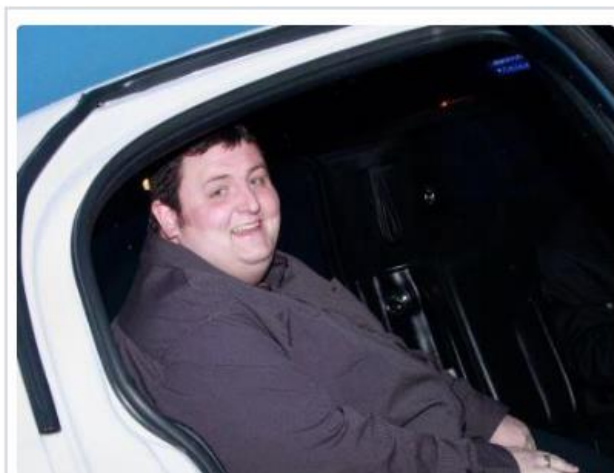
Diagnosed with sleep apnea and suffering depression, Mr Warren was referred to John Loy, Consultant Bariatric Surgeon at The Shrewsbury and Telford Hospital NHS Trust, with a view to having a gastric bypass to help him shed the fat and reclaim his self-belief.

That was nine months ago and Mr Warren, a Staff Nurse on the Chemotherapy Day Unit in the Lingen Davies Centre at The Royal Shrewsbury Hospital, is now just 12 stone. Since the operation in July last year he has climbed Snowdon, the highest peak in Wales, five times and started playing cricket again for his local village club, Pontesbury.

He said: "Throughout my late teens I was a fit and healthy person, captaining the football and cricket teams at school and university. I then had an Anterior Cruciate Ligament injury when I was 21-years-old and my weight just escalated as I continued to enjoy life too much.

"It was becoming the norm that my weight matched that of my age and with that came depression. I stopped going out and was always saying 'no' to my friends and family, using my weight as an excuse. I lived on my own and became comfortable. I would have five takeaways a week and could easily sink 20 pints of beer due to the size of my belly. A typical meal at a fast food restaurant would consist of one large meal plus three extra portions of fries, an additional two double cheeseburgers, 20 chicken nuggets and two milkshakes. But I was never full and an hour later I'd probably eat a large bag of crisps or a tub of ice cream as a snack."

Since having the gastric bypass Peter only eats small portions of food before feeling full. He continued: "I never had the feeling of being full before the operation but I have now regained control of my life. I have had to re-educate myself. My eating habits have totally changed and I have not touched alcohol since the surgery.



Peter Warren tipped the scales at a dangerously unhealthy 32 stone prior to bariatric surgery

"I now eat little and often. For breakfast I might have a homemade smoothie, followed by some carrot and cucumber sticks as a snack before lunch. For lunch I generally opt for cous cous while my evening meal is nearly always fish, cod or salmon, with roasted vegetables.

"My fitness levels are also much better. I am playing cricket again, going to the gym three times a week, I have climbed Snowdon five times and have managed to get my 5K running time down to 24 minutes. I have regained a lot of my old confidence. I now wear 34 inch trousers and have ditched the 8XL size tops. People are always shocked when they see me, but I still want to improve my fitness levels and get stronger. I'd love to play another 90 minutes of football and then be able to retire again."

Mr Warren was instantly taken by Mr Loy's straight talking manner and the confidence he showed in him. He said: "As a big person you get let down a lot, and you let others down a lot too, but John said things as they were and kept his word throughout. He was great.

"I had never been around someone so positive before. We would sit down and talk about weight loss and my reasons for wanting to go ahead with the surgery and as a result I was able to lose five or six stone prior to the operation.

"Regardless of how you lose weight it won't work unless you really want it. Having an operation isn't an easy decision; it requires serious thought and discussion before making a decision as it means a massive change in lifestyle.



Staff Nurse Peter Warren now weighs just 12 stone and has regained control of his life.



Peter Warren (left) with John Loy, Consultant Bariatric Surgeon at The Shrewsbury and Telford Hospital NHS Trust

"Because I work at the Trust people say 'the NHS must be proud of you' but I respond that I am proud of the NHS. I have been given a second chance at life. Just being able to go home and walk the dog or go on holiday without having to ask for the seatbelt extension is massive for me. I now say 'yes' to people, I no longer hide behind my weight and it is all down to the Bariatric Surgery team at The Shrewsbury and Telford Hospital NHS Trust."

John Loy, Consultant Bariatric Surgeon, added: "It has been a real privilege to be a part of Peter's weight loss journey. He has shown what can be achieved through motivation to change along with having a gastric bypass.

"Peter is a valuable member of the hospital team and now that he is much healthier and feels better, our hospital and patients in the Lingen Davies Cancer Centre where he works will have the benefit of Peter's skills for a very long time to come. He's an inspirational man and it's really very rewarding to be a part of his success story."