

BARIATRIC SURGERY

Patient Testimonial

Having spent her whole life being larger, Maegan McHugh, Eau Claire, had tried every diet imaginable with no lasting results. When she made a trip to the emergency room for heart palpitations, she learned it was a consequence from high caffeine intake; but, still, the experience made her consider her health. Weighing about 293 pounds, she decided right then and there it was time for change.



“I considered bariatric surgery three times before actually making the decision to do it,” McHugh says. “Honestly, I was scared, but I knew I needed to try it.”

After she was approved for the procedure by her physician, it would take McHugh a year before she actually underwent the surgery. During that time, she began to prepare for big changes in her future.

“People sometimes have the impression surgery is the easy way out,” McHugh says. “It’s not. What they don’t realize is the commitment is a lifestyle change. The surgery is a tool that helps; but, mentally, you have to be in control of how much you eat, what you eat and recognize emotional eating.” In her first year after surgery, McHugh lost 120 pounds and has since maintained her weight loss. In fact, a 15-mile bike ride is a breeze for her. Before, she says it would never have happened.

“There are very few active things I can’t do anymore,” McHugh says. “I never felt like my quality of life was hindered before my surgery, but now I notice how much it was.”

Lifestyle changes require multiple adjustments. With the right mind set, healthier eating and better portion sizes, living an active life will become second nature.

“It’s going to be different for everybody, but I think the biggest thing is to have a plan in place,” McHugh says. “Stock your kitchen with healthy food, and have a strong support system. For me, that was my family, husband and the wonderful medical staff at Mayo Clinic Health System.”

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