Gary celebrates new lease of life

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A SEAFORD resident who was bullied at school for being overweight is celebrating after surgery helped to change his life.

Gary Carter has shed around 10 stone after having gastric bypass surgery.

The married 45-year-old decided to take action after enduring years of people staring at him and making comments about his size.

He began putting on weight in secondary school and soon turned to comfort eating. After he left school the Balmoral Close resident - who had also been diagnosed with Type 2 diabetes - would often hear comments from colleagues and members of the public about his weight.

He said, "It started getting to me that people would call me the 'fat guy' and they wouldn't see me.

"One day I overheard a comment from a member of staff that I thought was a friend and it hurt. I came home and went on the internet and looked at obesity sites and came across this surgery."

Mr Carter, who once weighed 25 stone 5lbs and had tried numerous diets only to pile the pounds back on again, then spoke to his GP.

After consultation he decided to have the gastric bypass surgery with Streamline Surgical surgeon Guy Slater last year and said it has changed his life dramatically.

Mr Carter, who now works in the care industry supporting people with learning disabilities, has lost 22 inches from his waist and weighs 15st 5lbs.

He said, "This surgery has given me back my life, I'm a totally different person now. Before, I believed I was useless and worthless and now I'm much more confident. I look in the mirror now and I'm happy. I have a lot more energy to do things now and I feel like I'm finally living my life." Mr Carter has also stopped taking medication for Type 2 diabetes and is not self conscious all the time.

Gary Carter before surgery, above, and now, right

He praised Mr Slater and the staff that looked after him and added, "It's changed everything, I'm fitter and more active.

"I would recommend anyone that is thinking of having it done to do it, it will change your life for the better."

Gastric bypass is a type of weight loss surgery that works by making your stomach smaller and your digestive system shorter.

People feel full more quickly than when their stomach was its original size, which reduces the amount of food eaten and the calories consumed.