

# A new lease of life with gastric band

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**AN OVERWEIGHT man who looks after disabled people has seen his life turn around thanks to surgery.**

Gary Carter had struggled with his weight for years and tried every diet to beat the bulge.

In a brave move he decided to have gastric bypass surgery which helped him shed an amazing nine stone.

Gary, 45, of Balmoral Close, Seaford, said: "I now like myself and so do others,

"I do not get looks of disgust from people.

"I have far more energy. I can buy clothes from most shops off the shelves and to current fashion trends.

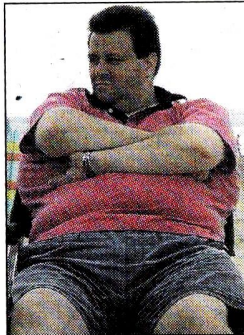
"I now enjoy life and can walk for hours without having to keep stopping for a rest and see what the lovely

county of Sussex has to offer."

Gary had the operation during November in the Chichester Suite at Chichester Hospital.

He said staff were caring and even described the hospital as a five star hotel.

Gary, who is a support worker looking after disabled people, added: "I had tried every diet. Some worked and I lost weight for a while but then when the initial weight loss stopped and I struggled I started to eat again and put it all back on.



**Gary Carter before...**



**And after.**

"This happened for years ever since school.

"I ate for comfort and it made me feel better for a few minutes then felt bad again and ate again.

"I could not help myself.

"You do not need will power as having a stomach the size of a plum means I cannot eat too much but just enough to keep me fit and healthy."

Ten years ago he was diagnosed with Type 2 Diabetes but since his operation this has vanished and he no longer has to take any medication.

He added: "I would love to say to anyone out there who, like me, is fed up with being fat and cannot see another way of getting slim that there is a way.

"Go and see your GP and get them to contact Streamline Surgery."