

No more mirror agony



NEW MAN: Gary Carter now

A MAN who suffered bullying at school about being overweight is celebrating a new lease of life after shedding more than 9st.

Gary Carter finally underwent gastric bypass surgery after years of enduring stares and comments about his size.

Mr Carter, 45, did not have many friendships so turned to food for comfort.

The pounds quickly piled on until the care worker found himself weighing in at 25st 5lbs.

Mr Carter, of Balmoral Close, Seaford, finally hit an all-time low and decided it was time to take action.

He would often hear people talking about his size and his self-esteem was rock bottom.

He had also been diagnosed with Type 2 diabetes as a result of his weight.

Finally he had had enough of being fat and had the operation performed by surgeon Guy Slater from specialists Streamline Surgical just over a year ago.

He said he has never looked back since the operation and the weight has dropped off dramatically.

by **SIOBHAN RYAN**
Health Reporter

Mr Carter, who is married with three stepchildren, now weighs 16st 11lb and



HEAVYWEIGHT: Gary reached 25st 5lbs

is no longer self conscious all the time.

Looking in the mirror is no longer an agony for him as he is now happy with what he sees.

He even enjoys going shopping because he knows the clothes he likes will now fit him.

He now walks a lot and cycles to work, which he had never been able to do before.

He said: "This surgery has given me back my life and 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."

Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine.

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

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