



## Journal Entry

MY MOMENT OF REALIZATION

*“It sounds like the tool I need to get my life under control, so I am going for it!”*

Dear Journal,

Since I just got you and plan to have you as my companion throughout my weight loss surgery journey, here’s a quick introduction to my weight loss struggles so far and weight loss surgery decision.

I’ve struggled with weight my whole life. I remember getting bigger through grade school and into high school. It wasn’t fun; I was out of control, I didn’t fit in, and I felt awkward. There were times when I lost weight, like when I was 17 all the way into my early 20s. It felt great! But it was a lot of work, and the weight (plus some) came back when my marriage went downhill.

I knew I wanted a better life for myself, and didn’t want to be overweight or struggle with it my whole life. But the pounds stayed on. Then one day I noticed my friend had lost a lot of weight. I asked him how he had done it, and he told me about the LAP-BAND®.

I hadn’t thought about weight loss surgery before, but I looked into the LAP-BAND®. It sounds like the tool I need to get my life under control, so I am going for it! I am excited!



**ALEX BRECHER**  
A LAP-BAND® System Patient