

MyHealthy Decisions

Life- improving surgery

“I was to the point I was so heavy, doing anything took my breath away,” recalls Kari Hackett. At that time, Hackett couldn’t get up from the floor while holding onto her sister’s baby. She remembers being out of breath while bent over changing the baby and thinking she was so unhealthy she might be gone before the baby got to know her. Hackett’s highest weight was 317. After gastric bypass surgery at Bassett Medical Center in 2015, at the age of 33, she lost 130 pounds and remains at her current weight of 187.

“I have my own support team, as a lot of my friends have undergone weight-loss surgeries,” says Hackett, who lives in Plymouth. “My husband loves the fact that I feel good, and he’s proud of me.

“I feel fantastic. This is the best thing I’ve ever done for myself. I would do it again in a heartbeat. I had high cholesterol and high blood pressure, was prediabetic and had joint pain. Now I don’t take medication for any of them.

“I can run around and play with my nieces and nephews, and I enjoy them. They like playing in the sprinklers, going swimming, riding bikes—all that stuff—and I do that with them now, where before I didn’t have the ability. And now, I can go pretty much just as long as they can.”



Bassett Healthcare
Network

INSIDE

3 Weight-loss tips from
Stephanie Paradiso

3 Bariatric surgery:
Three good options

4 Is bariatric surgery
right for you?



Visit us at bassett.org, and follow us on [facebook.com/bassett.network](https://www.facebook.com/bassett.network).

WEIGHT MANAGEMENT ISSUE