

The real May Kelley shares inspiring story

Today, 31-year-old May Kelley zips into her work parking lot and parks her Chevy Impala as far away as she can. Even though there are plenty of great spots near the door, these days, May likes to walk. It's because these days, May can walk.



It was a different story a year ago. At 349 pounds, May couldn't walk from the closest parking spot to her desk in the administrative office without losing her breath. Her knees hurt. Her back ached.

She took blood pressure medication and pills for depression and anxiety. She was borderline diabetic.

May's increasing disability was threatening to make her a shut-in at only 30 years of age.

"My social anxiety was so high I couldn't go into the gas station to pay for gas," May says. "I couldn't get groceries because I was too embarrassed to be seen buying food. I dreaded leaving my house because I was ashamed of how I looked."

Trying everything

May tried diets and even went to the gym a few times. But, like many who struggle with weight, May says she lost and gained back the same weight over and over. The gym made her anxiety unbearable. Everything she tried discouraged and disheartened her.

One day, a woman who had been obese just a year or so earlier came into the office. She was suddenly thin. May asked her how she had lost the weight, and she answered that she had had bariatric surgery.

"I looked into it right away," May says. "I found out Trinity Bariatric Center has a lot of experience. They've been performing bariatric surgery for 30 years. So I called them. They were wonderful. They walked us through everything."

Pre-surgical support

'Us' refers to the support group that May joined; bariatric patients must attend the group before surgery.

They learn about the different bariatric procedures offered, as well as the dietary and other lifestyle changes that will be necessary as part of their surgery.

"If my story inspires just one person to lose weight, it's worth it."

"A psychologist talked to us about our commitment to weight loss," May says. "I was required to complete six months of weight loss management efforts. I had to document my weight loss, keep a food journal and exercise. I had to practice not drinking while eating. I had to keep attending support groups."

At the end of six months, May felt prepared for her laparoscopic sleeve gastrectomy, a procedure that reduces the stomach to about the size of a banana. The resulting smaller stomach limits the amount of food that can be eaten at one time without altering the normal absorption of nutrients.

Life-changing

May's surgery took place on Dec. 22, 2011. To say her life has changed would be an understatement.

"My eating habits totally changed," May begins. "I had to be sure I ate enough protein, drank enough water and took the right supplements. Carmin (the Trinity Bariatric Center weight management dietitian) was always there for me to help me figure it out and keep me on the right track."

Immediately, the weight started melting off. "By summer I couldn't believe the difference," May continues. "The first thing I did was go to Six Flags. I could ride the rides for the first time in years. I go to the gym now. I can ride in my mom's car. Her seatbelt didn't used to fit me."

'Who I was meant to be'

May weighs 185 pounds less today than she did a year ago. She can walk, run, ride a bicycle and stride across parking lots with energy and pride.



May Kelley, East Moline, lost 185 pounds in a year, following weight loss surgery at Trinity Bariatric Center. May says her only regret is that she didn't have the surgery earlier. Now, May says her biggest challenge is buying clothes. "Goodwill is my best friend," she laughs. "I just bought all size 10s and now I'm an 8. When I'm done losing weight, I'll buy new."

"The first thing I did was go to Six Flags. I could ride the rides for the first time in years."

"If my story inspires just one person to lose weight, it's worth it," May says. "I've been that girl, the one who's hidden under tons of weight. Thanks to Trinity and my surgery, I

feel like I'm finally who I was always meant to be. I feel like the real May Kelley."

Contact Trinity Weight Management Specialists for more information at (309) 779-2500 or toll-free at (866) 417-2500. Find us on Facebook at <https://www.facebook.com/TrinityWeightManagementSpecialists>

Trinity Pain Management expands services, providers

Beginning Friday, Feb. 1, Trinity Pain Management will offer expanded services and hours on both sides of the river.

Trinity welcomes Dr. Robert Rossi to its panel of pain specialists, joining anesthesiologists Dr. Jeffrey Fullenkamp, Dr. Kerry Panozzo and Dr. Archana Wagle. The care team specializes in providing comprehensive pain management, with a focus on providing compassionate care to their patients by utilizing a multi-disciplinary approach.

In addition Trinity Pain Management also will now offer the services of a nurse navigator, who can guide the coordination of patients' care among multiple providers in order to help them achieve the best outcome.

4500 Utica Ridge Road, Bettendorf, Iowa
500 John Deere Road, Moline, Illinois
Hours: 8 a.m. to 4:30 p.m.

Please contact your physician for a referral.



Dr. Robert Rossi



Dr. Jeffrey Fullenkamp



Dr. Kerry Panozzo



Dr. Archana Wagle



Theresa Rockhold
Nurse Navigator