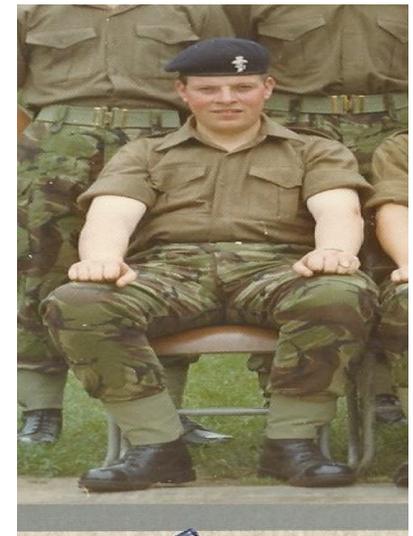


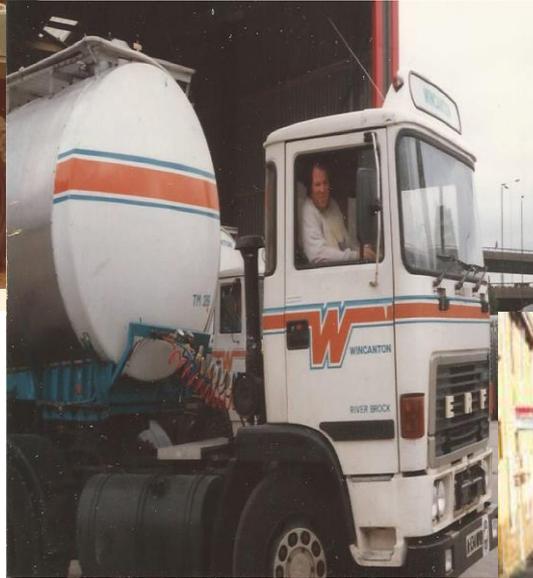
# John's Story

# The early years

John was of a healthy weight during his childhood and throughout early adulthood when he joined the army.



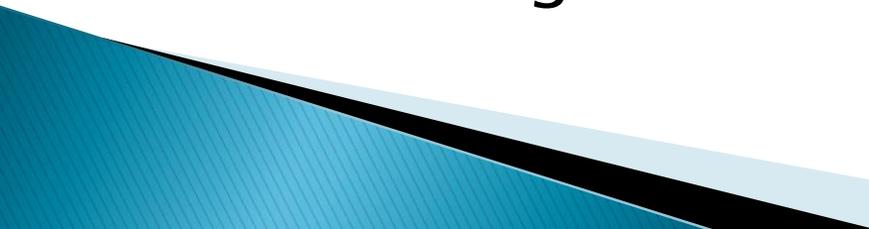
# A change in career



John moved from an active role in the Forces to spending long days (sometimes 10–15 hours) seated as a lorry driver and subsequently a driving instructor.



# Deteriorating health

- ▶ At his heaviest, in 2010, John weighed 198.7 kg (over 32 stone)
  - ▶ In November 2010, John collapsed at Taunton hospital during a dietician appointment
  - ▶ He subsequently spent time in Barnstaple, Yeovil and Taunton Hospital where a large blood clot was removed from his left arm
  - ▶ John was diagnosed with sleep apnoea (pauses in breathing).
  - ▶ His driving licence was withdrawn.
- 

# An ultimatum



Whilst in hospital John was told that he needed to lose at least three stone or he would not survive.

- ▶ Shortly after being discharged from hospital in December 2010, John's wife passed away.

# The Challenge

- ▶ With support from his local health centre, community dietician and his sisters, he lost approximately 3 stone in 6 months down to just over 29 stone (185 kg)
  - ▶ John continued to lose inches and weighed 105kg (16 stone 7lb) in 2014
  - ▶ In October 2015, he was able to walk 4 miles without the aid of a walking stick
- 

# The long term plan

- ▶ John suffers from periodic depression and can put on weight very easily
  - ▶ He visits a dietician every week and stays focussed
  - ▶ John is considering surgery to remove excess skin following his weight loss but is aware of the potential complications of general anaesthetic when coupled with anti-depressants
- 

# Life now



I got my driving licence back and am now employed as a driver

I am an active member of the Wincanton Medical Centre Patient Participation Group (PPG).

I was made Vice-Chair of PPG Chairs Network in 2017.

I am a Lay User at Somerset CCG and sit on the Serious Incident Review Panel.