

**ANGELA COBBS:** Life before bariatric surgery, was devastating. I mean it was very complicated to move around, to get around. I was 53 years old, and I decided by the time I get 60, I didn't want to have to deal with my weight issues. When I inquired with my doctor about bariatric surgery, he suggested Dr. De la Cruz.

So I did a little research on him. And I found out he was young and that he was very successful in his business. And I told them, OK. I'll go see him. It's been a year since I had the Lap-Band Well, over a year I had the Lap-Band February '12. And, after surgery, was surprisingly-- I was like normal. I didn't feel any different than I did before I went in to have surgery.

The lifestyle changes is more exercise and minimizing my portions, eating portion. Life now is I'm full of energy. I have the energy of a 20-year-old. I can do all-- I can multitask where I couldn't before. And life is a great now. I get around and look the way I used to look like maybe 20 years ago.

If it's something that you want to do, just do it. And just trust and believe you will be successful at it, and not listen to other people because you have to take what's good for you.