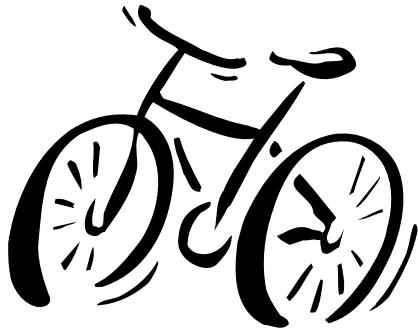


Better Health for Life from
Lehigh Valley Hospital and Health Network



'I Feel Human Again'

Ryan Hoffman has boundless energy following weight-loss surgery

Ryan Hoffman thought about taking a bicycle ride every now and then, but he knew his body wouldn't cooperate. "I had arthritis in my knees, I couldn't stand in one place without back pain, and just walking was a chore," says the 43-year-old self-employed postal contractor from Emmaus.

When he needed surgery to repair a tear in his right knee in April 2003, Hoffman grew even less mobile. He didn't exercise, was always tired, needed three different medications to keep his blood pressure in check, and didn't eat right. "It was either pizza or fast food," he says. "And I drank a half-gallon of milk and sweetened iced tea every day." When his weight topped 400 pounds, he decided to take action but didn't know how.

Then he met two people who'd lost weight successfully through gastric bypass surgery. To learn more, he spoke with his family physician, who referred him to surgeon Richard Boorse, M.D., of Lehigh Valley Hospital and Health Network. Boorse confirmed that Hoffman was a prime candidate for the procedure.

He had the surgery in October 2004, and it didn't take long for him to notice significant changes. "Dr. Boorse put me on a no-carb diet before surgery, and then I stayed on an all-liquid diet for one week afterward while my body healed," Hoffman says. "That helped 'dry me out' so I didn't crave pizza or fast food anymore."

It also helped him stick to his new eating habits. A typical dinner now includes chicken or fish with vegetables, and he stays away from all sugars. As a result, he's experienced remarkable weight loss. From a high of 429 pounds, he's now down to 222, and he's trimmed his waistline from size 60 to size 36 and reduced his blood pressure to the point where he no longer needs medication.

By losing so much weight, Hoffman gained something he never imagined: boundless energy. "Before the surgery, I'd sleep 9 hours and still wake up exhausted," he says. "Now I sleep about 6-1/2 hours a night and wake up refreshed."

He burns his excess energy by exercising—a daily one-mile bicycle ride and weekends mountain-biking at Lehigh Gorge. He also enjoys much longer day trips on his motorcycle. "After my knee surgery, I'd get sore after 100 miles," he says. "Now, I can ride 400 miles in a day pain-free."

As he continues losing weight, Hoffman sets new goals. "I want to get under 200 pounds," he says. But he's already experiencing a life he could only imagine before. "My knee and back pain are gone," he says. "I feel human again."



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE