

A Patient Story

Harold's Story

Harold, 51, has been a Topeka resident his entire life and a Marian Clinic patient for over 10 years. Since an unfortunate knee injury in 1997, he has had to endure 2 knee surgeries that led to a tremendous weight gain, an inability to perform the labor intensive jobs he had always done, and a reliance on excessive alcohol and painkiller use to deal with the pain.

After noticing how unhealthy he had become, he tried independently to lose the weight and was able to drop from 375 lb. down to 318. However, the success was short lived as the exercise he was doing was just putting more stress on an already aching body that suffered a 2nd devastating injury; this time resulting in a pinched nerve in his back and a bone spur on his foot. Harold needed a new way to lose weight, and he would find that way at Marian Clinic.

Harold had a life-changing encounter when he had an appointment with Dr. Harris last year where she recommended Dr. Cohen's Weight Management Program to him, a program that he has now conquered. Harold began the program this July, and as of October 17th, Harold has already lost an astounding 70 lb! He attributes his success and newfound energy to the healthier food selection and diet he learned from the instructors at the program as well as rarely drinking and sticking to prescribed painkiller use. When I asked him what his goal was, a determined Harold said, "They want me to lose 80 (lb.), but I'm going to lose 100."

This kind of determination is no surprise coming from a man, who single-handedly takes care of his elderly parents, with severe health issues of their own. In fact, he cites caring for them as his inspiration for joining the program and continuing to become healthier. Although his knee still aches and needs a full replacement, which he cannot afford, Harold has not let that stop him and probably never will. Harold ended with the following words to say about the weight program and Marian Clinic: "It's a wonderful program, and I'm glad they helped all they can. I probably wouldn't be here without Marian Clinic."

Congratulations on your continued success, Harold, and thank you to Dr. Cohen and Mary Stewart for running a program that saves lives!