

VA MOVE! Success Story

Las Vegas, Nevada

Anyone Can Lose Weight!

Mr. Lawrence Brown is a 64 year old male SCI patient with a history of T-3 paraplegia for 30 years. He was diagnosed with Type 2 Diabetes and taking both NPH and Regular Insulin twice per day. He originally visited with a Dietitian to gather information on a diabetic diet. He was then referred to the MOVE! Program and has lost over 80 lbs! As Mr. Brown was instructed to cut back on medications and saw an improvement in his labs, his motivation grew.

Mr. Lawrence Brown shares his story:

I was 300 lbs in 2007 when I first started to see Norma, my Dietitian. Being obese and having Diabetes is a major health concern for me. I realized that living in these conditions would increase my chances for other health related problems. I met with the MOVE! Physician, Dr. Ferguson for an evaluation about one year ago. I did not think that I could reach my original goal of losing 50 lbs because of my limitations with exercise. As of today, I have lost over 80 lbs! As I lost the weight, my medications needed to be cut back. This really motivated me!

I entered into the 8 week weight loss class with the MOVE! team in Las Vegas. I kept a food journal, exercised, and changed my eating habits. I learned the basics of healthy food choices and portion control. I made changes in my lifestyle with the support of the MOVE! team and my family in Las Vegas.

I lost 82 lbs in the first year. After losing the first 50 lbs, I was taken off NPH and Regular Insulin, my BMI went from 41 to 35, my A1C went from 6.2 to 5.5, and my Triglycerides went from 215 to 102. Now I am 214 lbs and feel better than ever!

I believe that success is achieved and maintained through motivation and promotion of good health from myself and the continued moral support from my family, friends, and support group. It has been great talking with others who share the same challenges. I enjoyed talking with other members of the MOVE! Program and have felt good about myself during the process.

Exercise helps me to burn off calories and speeds up my metabolism to lose weight. Calories in should be less than calories out. I use my hand peddler about an hour twice per day, perform 100 wheelchair pushups per day, use wall pulleys for an hour per day, and perform two hours of standing frames per day with hand weights. I also enjoy going bowling once a week for activity and exercise.

Losing weight has helped me in so many ways! When I was at the bank, an employee motioned for me to approach the window. I thought that I did something wrong but all she wanted to ask me is how I lost all the weight! I have now been off Insulin for 6 months and I feel like I have more energy. I now have so much energy that I have a tough time going to bed. Losing weight has really made a difference in my medical health condition.

BEFORE



AFTER

