



Success Stories

Healthy Living Matters. Prevention Works.

Proof It Works

VETERAN HILRY SMITH DISCUSSES HOW MOVE!® HELPED HIM LOSE 60 POUNDS AND GET OFF MEDICATIONS FOR DIABETES AND CHOLESTEROL

Hilry Smith had his health issues under control with medication, but being overweight was a looming problem. Weighing 360 pounds, he started MOVE! at the suggestion of his VA primary care physician. He quickly embraced the lifestyle changes that the program offered, and was excited to see his weight drop a little each week. Now under 300 pounds and aiming for 280, Hilry is healthier and happier, and is enjoying the fact that people are noticing his weight-loss success.



Did you try to lose weight before?

"Yes, I've been trying for 30 years, and have tried things like dieting and fen-fen."

What motivated you to start TeleMOVE!?

"Dr. Grigsby at the Northeast (Las Vegas) Primary Care Clinic recommended it. Although my blood pressure and diabetes were under control with medication, they were still issues. My weight was affecting my health in other ways—when I went to the store, for example, I had to rest by leaning on the cart. So in August 2013, I began MOVE! at the Las Vegas VAMC, weighing 360 pounds. In April 2014, I transitioned to the Intense MOVE! Program."

What did you like about MOVE!?

"It showed me what to do to lose weight and improve my overall well-being. I realized it was a life change, not just a diet, and there was group support and medical staff to assist me. The weight loss was gradual, and it was great to come in each week and see I weighed 2-3 pounds less than the previous week."

Have you achieved your weight goal?

"Yes. As of November 2015, I've lost over 60 pounds in 18 months! I met my first goal—to weigh less than 300 pounds—and finally reaching it after 20+ years was amazing and energizing! I'm on the road to achieving my second goal, which is to get under 280."

How has your health improved?

"I have somewhat more energy now, and I'm able to walk around more without being tired. My blood pressure has stabilized, but I still take some medications. My current numbers really show a positive change in my health—my A1C is down from 6.7 to 5.5, for example, and my triglycerides are down from 410 to 235. And I no longer take diabetes and cholesterol medications."

Who helped you be successful?

"The medical staff at the Southwest Las Vegas clinic offered great encouragement, and the support they provided is nothing short of commendable. Dr. Ferguson, the nurses, Ms. L and Ms. Z, nutritionist Kelly L, and Vlad worked tirelessly and advocated for us constantly. My fellow program graduates also provided great support, as did my wife, who lost over 50 pounds with me!"

“ It makes me happy when people at church tell me that my clothes are too big.”

– Hilry Smith

Have you stayed connected with the program?

"Yes. After graduating from MOVE!, I came back to participate in the Life-Long Low Carb support group. As a successful MOVE! graduate, I've also addressed the newest graduates!"

What do you enjoy doing now that you weigh less?

"I sing and play guitar in my church, and I'm now able to give music lessons. It's great when someone who hasn't seen me in a while immediately notices my weight loss. It makes me happy when people at church tell me that my clothes are too big!"

What do you tell others about MOVE!?

"It's successful! The program works and I and many others are proof of that!"