



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Almost 100% Pain Free*

*VETERAN KYLE EVETT'S PAIN IMPROVED AS HE LOST WEIGHT WITH THE SUPPORT OF THE SYRACUSE, NY, MOVE! TEAM*

At a young age, Kyle developed arthritis and sports injuries that led to chronic pain. He found significant pain relief through dietary changes and weight loss and is now nearly pain free.



## *Everything was Getting Worse*

Kyle developed multiple ailments that seemed to get worse when he turned 30. He had daily pain from arthritis in his hands and back and chronic foot pain. He also had a shoulder injury, having torn his rotator cuff playing recreational softball. These conditions and injuries led to daily pain and a 35-pound weight gain. Kyle knew he had to make changes but didn't know how. It was at this point that Kyle made an appointment at the Syracuse, NY, VA Medical Center and learned about the MOVE! Weight Management Program for Veterans.

### *The Turning Point*

When Kyle learned what MOVE! had to offer, he was immediately interested. Kyle met with Andrew Summa from the MOVE! team in February 2019 and made plans to develop better health habits. The turning point for him was when he met Mary Jo Deinhart, a dietitian at the Syracuse, NY, VA. She suggested nutritional changes that could help decrease inflammation. Kyle said making these changes resulted in an almost immediate decrease in his pain. After four months, Kyle is almost 100% pain free and he has lost more than the 35 pounds he gained due to his injuries and arthritis pain.

### *Positive Changes*

Kyle now feels great and has lost 3 inches around his waist. His medical conditions are less severe and his daily pain is nearly gone. He told his friends and family about his improved health and nutrition habits and says those who adopted some of his healthy behaviors also noticed positive changes. Kyle is thankful for the support of the VA and encourages other Veterans to take advantage of the MOVE! Program: "There are tons of specialists that are eager to provide support to us. I have lost all the weight that I had gained and then some!"

“ I am so thankful that programs like MOVE! exist at the VA.”

–Kyle Evett

