



Success Stories

Healthy Living Matters. Prevention Works.

A Long-Distance MOVE! Affair

WILBER ABSHIRE NEEDED TO LOSE WEIGHT BEFORE HE COULD GET A LIFE-ALTERING KIDNEY TRANSPLANT, BUT PARTICIPATING IN MOVE! LOCALLY DIDN'T WORK FOR HIM.

Then Wilber learned about a MOVE! option that was a better fit: the TeleMOVE! Program. Through TeleMOVE!, Wilber lost over 120 pounds—and he's on the kidney transplant list!



A struggle for his health.

Veteran Wilber Abshire hadn't always been overweight. "I've weighed 206 [pounds] for most of my adult life," Wilber noted. "From 2003 through 2008, I participated in a 5-year diabetic study, during which time I gained 107 pounds. I've been trying to get it off since 2008."

More recently, Wilber received sobering news. "In October 2014," he recalls, "I was informed that I had chronic kidney disease, stage 4 bordering on stage 5. I weighed 314 pounds [and] had a 64-inch waist."

Wilber knew it was time to make a change to get his weight and his health under control. He just wasn't sure where to turn.

Learning about TeleMOVE!

Wilber assumed he would need bariatric surgery to lose that much weight. In 2014, he started researching the process online via the VA's MyHealtheVet website. "When looking for information on gastric bypass surgery, I learned that one of the steps involved the MOVE! Program," Wilber said. "I contacted my local MOVE! representative in the Jennings, Louisiana, VA clinic, [but] decided not to go that route."

Taking a second look, Wilber found another MOVE! option that he thought might work better for him. "After reading further on MOVE!, I found out about the TeleMOVE! Program and that it was available in Alexandria, Louisiana," he said.

Making a long-distance call.

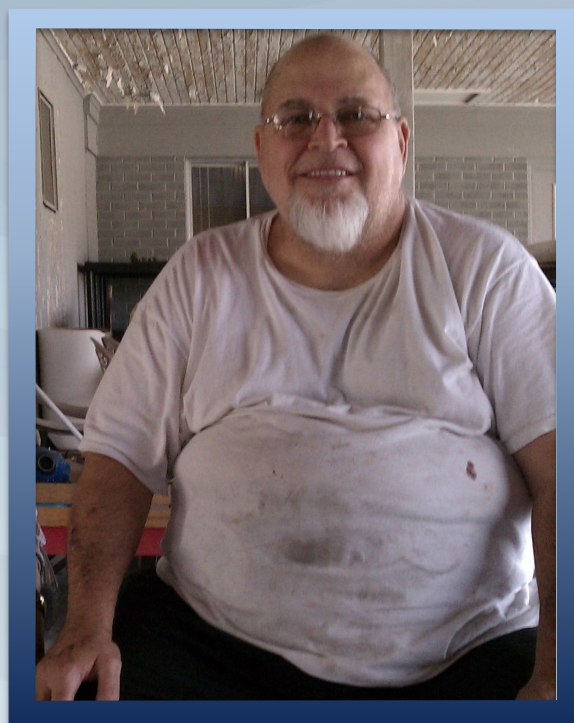
Wilber decided to find out more about TeleMOVE!, which gives Veterans daily MOVE! interaction via in-home messaging technologies. "I made the call and reached [MOVE! coordinator] Candace Dodge at Alexandria VAMC. She was knowledgeable on all aspects of MOVE! and answered all my questions. I chose the TeleMOVE! Program."

TeleMOVE! makes for a perfect fit.

Wilber started participating using TeleMOVE! in December 2014. "For three years, Candace Dodge was always available whenever I needed help," Wilber said. "Whenever I began to slide in an unhealthy direction, she'd call and help me get back on track. She kept me accountable, and, through her

“Just get started in MOVE!”

– Wilber Abshire



guidance, enabled me to lose 120.6 pounds. I now have a 38-inch waist [and] lost 26 inches."

Wilber's MOVE! experience has made all the difference for him. "I view food much differently—in terms of calories, portion size, etc. This allows me to eat healthier. [I'm] more energetic."

Wilber also knows he's better prepared for his next challenge: "I am now on the kidney transplant list and am in better physical condition now to participate in that surgery—whenever the time comes."