

NEWS RELEASE

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**AnMed Health's Bariatric Program gives father
a chance to enjoy fun physical activities with young son**

(Anderson, S.C. – July 1, 2019) – AnMed Health's bariatric program has allowed a father to run and play with his young son. The father, Steve Smith, is also planning to participate in a triathlon July 20, where he will proudly wear a custom-designed T-shirt thanking Dr. Peter Bechtel with AnMed Health Piedmont Surgical Associates for giving him a second chance at an active lifestyle. "My son kept losing out because he wanted to play ball and run around, and I just wanted to sit on the couch," Smith said.



Steve Smith and son now

Smith sat on the couch because he was obese, a condition that began in childhood and plagued him into adulthood because of poor eating habits. At 40-years old, Smith's desire to live and see his son Mason grow up led to a decision to consider bariatric surgery. After attending a seminar to learn about the different types of weight-loss surgery, Smith decided to have a sleeve gastrectomy, also known as a gastric sleeve. During the



**Steve Smith before
gastric sleeve**

sleeve gastrectomy, the surgeon removes about 75% of the stomach, leaving a narrow banana-shaped tube. The procedure is done laparoscopically and is not reversible. Candidates for sleeve gastrectomy have a body mass index (BMI) of 40 or more or a BMI over 35 with a significant obesity-related health problem.

After his surgery, Smith started walking every day. Eventually, he started riding a bike and running. His workout routine also includes swimming. Smith said he wants to serve as inspiration for people who are battling obesity.