For more than 30 years, Glenn Mamary watched his health deteriorate as the number on his bathroom scale went up and down ... and then up some more. At one point, he was more than 100 pounds overweight and had type 2 diabetes, sleep apnea, high cholesterol and hypertension.

“I needed to lose a significant amount of weight to get these conditions under control and to prevent future problems,” says the 50-year-old Vice President and Chief Information Officer at Hunterdon Medical Center.

Glenn tried many different diet plans, but none of them worked for very long. After losing 65 pounds in one year, then gaining most of it back in two months, Glenn decided he couldn’t do it on his own.

“I knew if I didn’t lose weight, I wouldn’t be able to keep doing the things I love most, like riding my bike and hiking, and spending time with my wife and children.”

Glenn didn’t have to look far for help. The Center for Advanced Weight Loss offered all the resources and support he needed, including one of the region’s top bariatric (weight loss) surgeons, Dr. Naveen Ballem, Medical Director of the Center.

“Dr. Ballem made a presentation that sparked my interest in bariatric surgery,” he says. “He was talking about comorbidity and obesity. As he listed the various conditions that accompany obesity, I realized I had all of them.”

When Glenn heard that the cure rate for type 2 diabetes following gastric bypass surgery is nearly 80 percent, he began to think the surgery might be for him. He scheduled a consultation with Dr. Ballem right away.

“Glenn was a good candidate for bariatric surgery because he understood that it’s not just about weight loss, but about changing your life and addressing both your medical and your emotional issues,” notes Dr. Ballem.

Glenn prepared for bariatric surgery by attending information sessions, consulting with a doctor, meeting regularly with a dietitian and speaking with a behavioral health professional. His appointments were arranged by Christine Meny, the Center’s Program Coordinator.

“Bariatric surgery is not a quick fix; it’s a lifelong commitment to better health,” says Ms. Meny.

For more information about the Center for Advanced Weight Loss, call Christine Meny, RN, BSN, Program Coordinator, at 908-735-3912.