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Seventy-Five Cent

Surgery brings hope in controlling weight



So far, Barry is excited about results from Lap-Band system

BY EVIE MALM

It was a phone call from a good friend who was asking for moral support that led to a life-changing decision for Foxboro resident Susan Barry.

The friend wanted Barry to accompany her to an informational meeting about a somewhat unusual weight-loss program. It is called the Lap-Band system, a relatively new and simple surgical procedure being done at Caritas Norwood Hospital.

Barry, like her friend, admits she had spent years battling weight issues. While somewhat hesitant about listening to another weight-loss plan, she agreed to go in the name of friendship.

Where was the meeting and who was the doctor? When her friend told her it was a father/son team by the names of Arthur and Adam Glasgow, Barry immediately took note.

MORE ON LAP-BAND

■ **FATHER-SON TEAM** of surgeons, Drs Arthur and Adam Glasgow, bring new weight-loss procedure to Caritas Norwood Hospital.

■ **GINI SAWYER** is the most recent resident to try the weight loss procedure.

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She had the highest respect for Dr. Arthur Glasgow, who had performed a lumpectomy on her several years ago. She recalled his great compassion in helping her through the procedure.

And some time later, his son, Dr. Adam Glasgow, removed her husband Tommy's gall bladder.

"I would trust them with my life," said Barry.

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BEFORE AND AFTER — Susan Barry, above before Lap-Band surgery, and at right as she looks now, some 50 pounds lighter.

Life has changed for Barry following Lap-Band surgery

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Going to the informal meeting held at the Glasgows' office in Norwood changed her outlook. "I liked the fact that the father and son conducted themselves like real people," says Barry.

While she had gone to the meeting with her friend to give support, she came away with different thoughts. She was "tired of feeling lousy" because she was overweight. Life involved taking 7-8 pills every day and she thought about the fact that she had had her "weight thrown in my face all my life."

One of five children, she said weight problems run in her family. Three siblings were able to lick their battle with being overweight, while two, including herself, had not. So Barry made the decision to join her friend and follow through with the surgery.

So what was this new procedure were they doing?

It involves making a small incision in the abdomen and using a laparoscope to insert a silicon band that wraps around the upper part of the stomach to create a smaller area that catches the food before it travels into the rest of the stomach. When this first area fills up, the person feels "full" and won't eat as much. (see related story)

While the surgery was the least invasive and most appealing to Barry, it would not be easy. But she became convinced it was the only answer.

"Diets don't work; hunger always wins," said Barry as she prepared for the laparoscopic surgery. "If I follow the rules, it should be the last time I have to go through with this weight."

Success is on the horizon.

Today, five months later, she has already lost 50 pounds and looks forward to the day when she will have dropped another 40-plus. Life has already brought some wonderful changes. Six weeks after surgery, she was hired for a new exciting job.

Most people have been

▼
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▲
Susan Barry

very supportive about her diet, which requires eating very small amounts of food that must be chewed thoroughly. She admits her daughter, who is away at school, was a little concerned. When her mother had just lost 40 pounds, the daughter almost walked right past her at the airport.

Barry will be the first to tell you she loves to cook and openly admits to being an emotional eater.

There have been a very few times that the emotional side has kicked in and she's reached for the chips and starts "shoveling them in."

"My eyes tell me I want it all," she says. But when she cheats, she almost immediately feels like her chest is going to explode. She knows she has tempted fate and immediately gets back on track. It only takes one time cheating to keep a person on the straight and narrow, Barry said.

Improving health has been a great positive. She is down to one pill a day and looks forward to doing things with her grandchildren.

In previous attempts at dieting, she always packed away the "fat" clothes in case she would need them again. Now as she gets thinner, she gives her clothes away.

"Now I don't want them. I'm done!" she adds with a wide smile on her face.

Perhaps the nicest compliment came from her husband. Recently, when they stepped out together, she was sporting a new smaller pair of jeans and a new blouse along with the Red Sox hat he had bought for her. Taking in the head to toe view of his wife, he remarked, "Oh, my God, I feel like I'm cheating on my wife!"