

HEALTHY LIVING gastric sleeve

NEWFOUND CONFIDENCE

Outdoor enthusiast regains courage to pursue his passions

story by **Kelsey Sunderman-Foster**
photos courtesy of **Kevin Lewis**

Drastic life change affects everyone differently, but for Kevin Lewis it was a new beginning.

As someone who enjoys hunting, fishing and traveling, Lewis' weight had always been an issue. As much as he enjoyed the outdoors, depression caused by his size kept him confined to the house, afraid to leave.

Some of Lewis' friends had undergone surgical weight loss, and their transformations inspired him to pursue the same outcome. "I had heard so many good things about weight loss surgery and South Mississippi Surgical Weight Loss in particular," Lewis said. "Everyone I spoke to talked about how much the doctors and staff cared about the wellbeing of their patients."

After consulting with his doctor, Dr. Avara, Lewis decided to receive a gastric sleeve, which he says has been one of the best decisions of his life. "This procedure gave me a voice," he said. "It's given me a chance to truly live. I've always believed in myself, but after having the surgery I found confidence that I didn't realize I had. I no longer want to hide in the house anymore – I'm always wanting to go somewhere and do something. I'm not depressed like I used to be, I don't beat myself up anymore."

Lewis is down 197 pounds since his surgery in April of 2018. He attributes his success to the caring staff at South Mississippi Surgical Weight Loss who have helped him to develop a healthier lifestyle. "I've learned that staying active, paired with healthier food choices, is a big part of this journey," Lewis said. "I go to the gym at least four days a week, focusing on cardio in the morning and weights in the evening."

The South Mississippi Surgical Weight Loss Center has been helping men and women like Kevin Lewis to meet their weight loss goals since their formation in 2000.



ABOVE LEFT: KEVIN LEWIS before he lost 197 pounds. ABOVE RIGHT: LEWIS after weight loss surgery from South Mississippi Surgical Weight Loss.

Founded by South Mississippi Surgeons (SMS), they have been providing the Coast with quality surgical care for over 30 years.

To learn more about weight loss surgery, visit their website at smsurgicalweightloss.com, where you can register to receive a free information session.



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