



Rapid weight loss created special challenges

"A year and a half ago, I weighed 349 pounds," says a now slender Val. "I had been overweight since I was 12 and failed in diet after diet. But finally, I found a weight loss method that worked and in just over a year, I lost 182 pounds through a new weight-loss system* that focuses on changing your perspective and actions in order to lose weight. It involves a lot of emotional support with discussion groups and a personal journal."

But rapid weight loss is tough on the body. Often, the skin tone doesn't snap back as fast, leaving unattractive, loose skin in certain areas. In these cases, the only solution is cosmetic surgery.

Val knew it was time to look into her options. "I had always thought that plastic surgery was reserved for the really rich Hollywood types but I soon learned that I could afford it. It would be my ticket back to a normal appearance and body image."

She met with various physicians. They told her that the work she needed done was complicated and needed a specialist. They referred her to Dr. Wall.

Val remembers their first meeting: "When I walked in I didn't have a clue," she remembers. "I didn't even know what to call the procedure I needed to have. To be honest, I was scared to death at the thought of surgery. But when I finally met Dr. Wall, he eased my fears by explaining everything in very simple terms. He also focused on all the positives about my weight-loss so I didn't feel bad about the negatives, that is the excess skin. Also, rather than telling me what he was 'going to do,' Dr. Wall told me what he 'could' do. He let me call the shots and decide how to proceed."

During her first surgery, Dr. Wall removed excess skin from Val's abdomen and lower body. A series of subsequent surgeries improved other areas around her body tightening the skin tone back to a normal look.

Today, Val is confident and optimistic. "After I lost the weight, I would still wear baggy clothes because I wasn't toned up," she remembers. "It wasn't until after the surgery that my confidence soared. I have a flat stomach now and I buy clothes that show off my figure. I wear makeup and do my hair because I realize I *can* look good. Surgery has made me look so natural that most people don't believe me when I tell them I used to weigh a lot more. I couldn't be happier."

* The weight-loss program Val used is called "Take it off with Julia."

More information about the program can be found on the Web at www.juliahavey.com.

www.thewallcenter.com



Patient: The Wall Center



SIMEON WALL, JR., MD

Dr. Simeon Wall Jr., a native of Louisiana, is a Stanford-trained plastic surgeon. At Stanford, Dr. Wall Jr. had extensive training in complex reconstructive surgery, microvascular surgery, cranio-maxillofacial surgery, cleft surgery and aesthetic surgery. He specializes in facial cosmetic surgery and breast & body contouring, using the latest advances and techniques in the areas of endoscopic surgery using minimal incisions, laser skin resurfacing, and tumescent liposculpture.



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