

Martin Mozzachiodi | My Experience

Gastric Bypass saved my life!



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This website is designed to help other people that may be in the same situation I was in a couple years ago. For various reasons, some of which were out of my control, others my own fault, I gained 230 pounds, bringing my total weight up to 430 pounds. I felt that I had lost control of my life, and I didn't know how to fix it. It would've been nice at the time to be able to go to a website and find out what other people did in my situation. I am building this website just for that very purpose. If I can help just one other person in this world succeed in getting their life back, I will have accomplished my mission. My goal for this site is to provide other people in my situation with some tools and insights to help them be as successful as I was in this whole process of getting my life back.



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About Me



This short video was taken in March of 2010 for a 3D animation project I did at the University of Tampa.

This video shows my body movement at my highest weight of 430 pounds. After three takes of this video I was completely out of breath and ashamed that I couldn't stand for more than ten minutes without having to sit down and rest. At this weight I could not tie my own shoes, or put on my own socks.

I had to ask my wife to help me with both. I knew that after watching myself on this video several times during my project, I had to do something about my weight. I felt an impending doom hanging over my head every time I looked at this video. I had high blood pressure and diabetes, and was on medication for both at the time.

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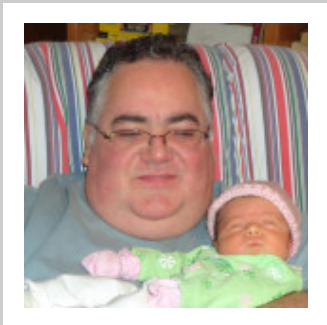
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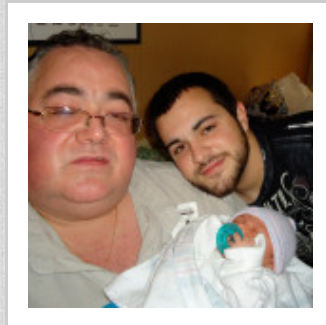
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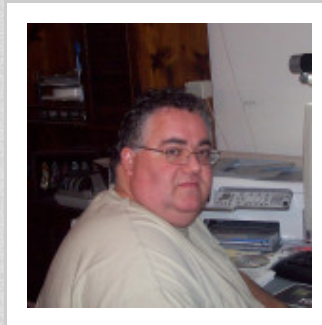
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My first granddaughter Isabella
Rose Mozzachiodi



My son Matthew and Isabella



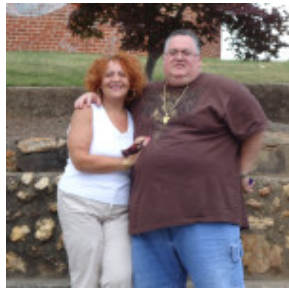
At my desk October 2010



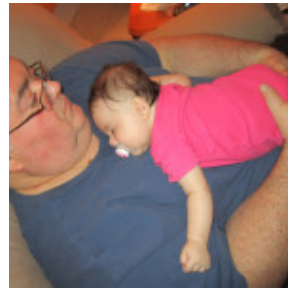
Christmas 2010



My mother's dog Angel



My sister and me in North
Carolina



Isabella napping



Five months after my surgery

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Lisa Mozzachiodi

I met Martin when he was 18 years old and I was 16. He walked into the band room at Brandon High School and I thought he was hot! That day when I got home I told my mother that I just met the man I wanted to marry. I stalked him for the next three years. At that time he was going to the gym so he was very muscular. During those three years Martin had a couple of girlfriends, so he kept me on the back burner. I was very persistent though, and when he went into the Navy, his mother told me I needed to write him a letter telling him exactly how I felt about him. I guess I did a good job with the letter because he called me and we started writing and calling other frequently. A few months later he called my father late at night to ask for my hand in marriage. I accepted his proposal and we were married December 27, 1986, a year after I graduated high school. That was the same year that Martin was hit by a drunk driver. He broke his left leg, right hand and injured his back. His right leg became infected, and he had three surgeries to remove dead tissue. He was not able to walk for several months, and was put on light duty for a year. That was when I noticed his weight gain. Within a



My Wife

few years he had gained over a hundred pounds, and was still getting bigger. My love for him never wavered. As he became obese, I found him less physically attractive, and our intimacy became more physically challenging. I have weighed 108 pounds most of my life, and he was pushing 350 pounds. I will let you imagine my difficulties. As Martin reached 430 pounds, my biggest fear was that he would die before our two children were grown. I was concerned about our finances as well, since he was the main source of income for the family. His weight became part of our life. I would have to help him with his showers, tying his shoes, as well as wiping his backside on occasions, because he couldn't reach it to do it himself. Things got a little better with the assistance of hygiene tools that the Veteran's Administration provided for him. I thought I would have to take care of him for the rest of our lives as a caregiver, not a wife and companion. When he was granted the gastric by-pass surgery

through the Veteran's Administration, I was terrified and excited at the same time. My biggest fear was that he would fail even with the surgery. I was scared that the little amount of food he was eating after surgery was not enough to survive. As the weight fell off, I started to see the man I had fallen in love with 33 years ago. Now that he has reached his goal weight, and lost 217 pounds, I feel like we are starting our honeymoon over again, as well as our lives. I thank God every day for giving Martin back to me.

I Love you, and I am so proud of all your hard work and dedication.

Love, your wife Lisa.

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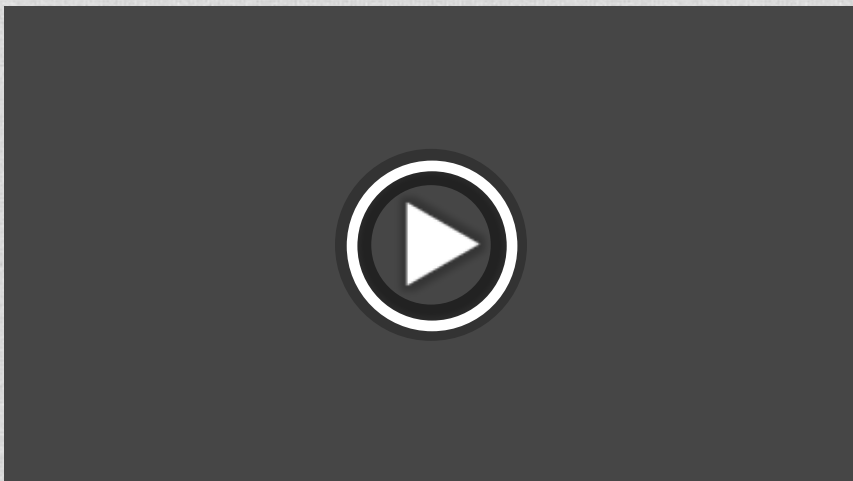
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What you can eat after surgery videos.

Week One



Week Two



Week Three



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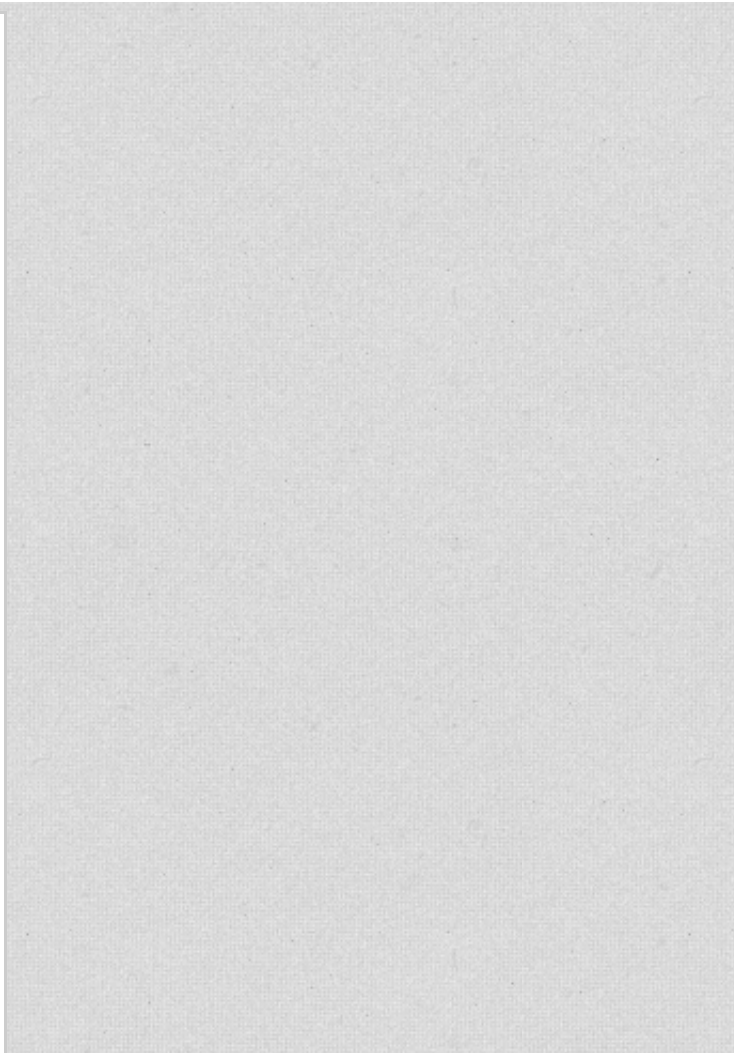
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Your Name (required)

Your Email (required)

Subject

Your Message



A large, empty white rectangular area, likely a placeholder for a message or content, set against a solid orange background.

Send