

A Experts View: My life line

Maggie Clinton
From: Gymslip to Pension
OR
Playground to Hydrotherapy

A walk in the Woods: a Patients Tale

- Contradiction or resources
- Prejudice
- Stigma

The Convent Years

- “Ah look at her lovely blond hair and the big blue eyes, she’s a beauty’ (age 5)

TO

- “ Ah where did her lovely looks go”
- “JC you’re a fierce size’ (age 8/9, I was wearing an orange zip up jumper)

Beginning to feel different

- Confirmation at age 9yrs- no off the peg dress to fit me. My mother had a friends wedding dress cut down.
- Winter coats/dresses were now from an adult range
- **Feeling guilty as it was costing my parents extra money.**
- **Feeling left out at school.**
- **GP berating my Mother about my size.**

Secondary School Years

- Growing in confidence.
- Did not need to be 'right in' with the in-crowd.
- Sports: hated it, but adapted, founds ways to draw attention to myself in a positive way.
- Gym: Positively dangerous and demeaning for an obese young person.
- Teachers view “ Motivated V Dense”
- ***“Margaret Clinton come here, why is your blazer not buttoned, tell your Mothers to get you a larger size”***
Guilt parent worked hard enough as it was!

Family ,Diet & Exercise

- Happy family life, felt safe and secure.
- Extended family important, 'Cousins'
- “ you can be anything you want’
- “ you don’t have to get married to be happy”
- “ Don’t find yourself on your knees scrubbing floors”
- ‘Read more or you will have to go to the Priory’ !!

Family Profile

- Parents not overweight. Mother very tiny frame.
- Brother 'normal'
- English Cousins 'normal'
- Aunt Nora (a nurse) overweight most of her life (Paternal)
- Fathers 1st cousin, morbidly obese as were 4 of her 8 eight children (39 years of age when I met them)

Food

- Influenced by culture
 - **Fried breakfast before school.**
 - **Boiled bacon, spuds, cabbage.**
 - **Home made soda bread.**
 - **Puddings on Sunday/ Visitors**
 - **Tea to drink/Milk**

Exercise

- Walking as a family
- Cycling with Brother
- No playing out on street, parks etc.
- Could not swim until 14 years, no local pool

Nursing

- Aged 18 yrs. **14 ½ stone**
- Aged 24yrs – 28yrs **18½ stone (Mother died)**
- Settled at this, then up to **22 st** by 40yrs
- From age 44yrs up to **24½ st (Father died).**

- Year 2000 first diet/gym got to just over **17st.**
(Dr. Nick FINER).
- 2005 Back up, repeated above régime and got to about the same again **UP** again.

2013 GUILT, SHAME, ABUSE OF NHS

- 155kg when I first attended Obesity Service
- Oct 2013 aged almost 61 Bariatric surgery
“banded by-pass”
- Lowest weight 15stone $\frac{1}{2}$
- Maintain until Jan 2016
- Now 17 stone $\frac{1}{2}$

Today

- 2015 spinal surgery
 - 2016 Ankle surgery.
- Both hips and knees need the 'supervet'
 - Will I have more surgery?
- Can I get the surgery I require?