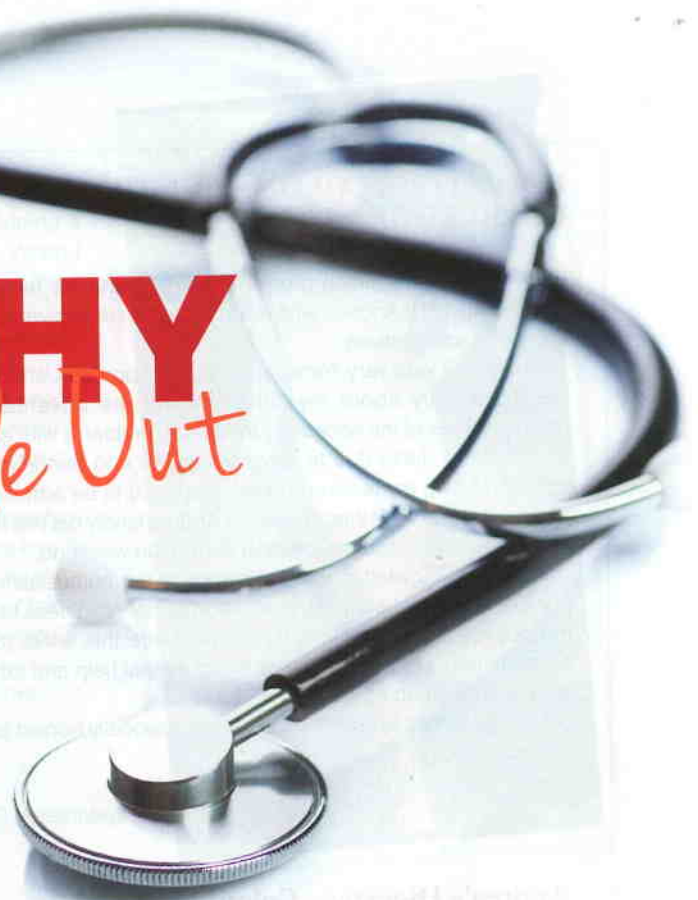


# HEALTHY

## From the Inside Out

All the money in the world means nothing if you don't have good health, and taking care of your body sometimes requires the skills and experience of medical professionals. MICHELLE NG spoke to readers about their personal healthcare experiences and posed some questions to local doctors.



### BARIATRIC SURGERY

I've been overweight all my life. There were times when I would lose some weight, but I'd invariably put it back on, sometimes even more. I had high blood pressure, sleep apnoea and many other hereditary risk factors working against me. On my 50th birthday last year, I decided to make a lifetime commitment to lose the weight and keep it off for good.

One of my other doctors recommended Dr Lim at Nexus Surgical Associates, an experienced surgeon with a proven track record with bariatric surgery. During multiple visits, Dr Lim took time to explain my various options and to select the best bariatric procedure for me. He also encouraged me to take my time and discuss this major life decision with my family. Making the final decision was just the beginning; he also gave me a step-by-step plan and prepared me for each stage of my journey, addressing all my concerns in a compassionate yet professional way.

To date, I have lost 92 pounds (41kg). I'm off all my medications and my blood levels are back in the normal range. I exercise daily and feel better than I have felt in 15 years.

Clay Miller, US

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