



**GARRISON
CENTER**
for Healthy Living

Hope Education Compassion Commitment

Media Contact
Zoraya E. Lee-Hamlin
973-332-4381

**It's Time! Click here for information on our
Free Patient Seminar**



BEFORE
AFTER
Photo by Ilva Neville

Overcoming Obesity Means Living Life to the Fullest Patient Loses 67 Lbs. in less than 12 months with Lap-Band™ Surgery

Dover, NJ, March 16, 2010 ~ Ilva Neville started out as a “chubby” kid. After struggling with obesity for most of her adulthood, she still wonders how she ever truly lived life with her excess weight.

After weight loss surgery, Ilva lost over 67 Lbs. She went from 238 pounds to 171 pounds – dropping dress sizes from a 26 to a 14. More importantly, her ailments have all but disappeared. Her sleep apnea has improved tremendously. Not only can Ilva

walk down the block without any problems, she went mountain climbing on a recent vacation, which is something she wouldn't even try before the surgery.

“I tried every diet I could... even the really bad ones where you starve yourself. Nothing worked,” says Ilva reminiscing on the days when she could barely walk down the street. “When I turned 50 years old, I knew it was time to turn my life around.” Before visiting the Garrison Center for Healthy Living, Ilva's health was in very poor health. She suffered from a multitude of diseases caused by obesity—including: severe sleep apnea, high cholesterol, depression, limited mobility, and heart disease. Ilva's cardiologist even warned her that she was at risk for heart failure. Losing her father to heart disease, Ilva had personally experienced its devastating effects.

According to the US Center for Disease Control's 2009 statistics, an estimated 97 million adults in the United States are overweight or obese. This is particularly alarming, since this condition substantially raises the risk of morbidity from a host of diseases and increases the risk for endometrial, breast, prostate, and colon cancers.

With a husband of more than 30 years and a daughter, Ilva certainly had reasons to live a long, healthy life. She says, “I didn't want to die young. I knew if I didn't do something soon I would end up like my father. It was time to get healthy!”

Ilva's insurance company rejected her initial pleas for help. However, after following standard screening procedures, Dr. Jordan Garrison of the Garrison Center discovered that her obesity caused her sleep apnea and was able to get approval. In May 2009, Ilva had lap-band surgery performed by Dr. Garrison.

“Dr. Garrison saved me,” exclaims Ilva. “His bedside manner is unbelievable. He treats you more like a friend than a patient. He is my Godsend and has changed my life. He is the most generous, warm, and caring doctor I have ever met. And the staff is very caring as well – making sure they helped me on my journey through surgery and recovery. They have been very kind and compassionate.”

These days, Ilva volunteers her time at the Garrison Center, telling her story to prospective patients seeking a new lease on life. She has lots of energy, a really positive outlook, and is more confident. Ilva laughing, recalls that she has even done karaoke!

About Dr. Jordan Garrison

Dr. Garrison received his medical training from the University of Medicine & Dentistry of New Jersey (UMDNJ). He received his MD in 1983 and completed his residency in 1989. He has specialized training in bariatric surgery from New England Medical Center and Jersey Shore Medical Center. He was a fellow at Saint Clare's Center for Weight Loss Surgery and is a member of the American Society for Bariatric Surgery, the American Medical Association, and the National Medical Association. He is also a fellow of the American College of Surgeons.

400 West Blackwell Street, Doctors' Suite, Dover, NJ 07801

tel: 973-437-8021 fax: 973-537-5644

www.garrisoncenter.org