

After weight-loss surgery this mum despaired at her food choices, **Michelle Carnovale** reports

Big loser offers food inspiration

ROSE Pilgrim is half the woman she used to be – literally.

Almost two years ago the Chadstone mother of three weighed a hefty 132kg, had a list of health problems a mile long and was told she resembled the “Michelin Man”.

The 152cm hairdresser suffered from ovarian polycystic syndrome, sleep apnoea, fluid retention in her ankles and was told by her doctors she was on the verge of type 2 diabetes.

“I was at the point where I was getting asthma if I got a cold,” Ms Pilgrim said. “Getting in and out of the car was such a hassle. To have a shower was a hassle.”

After living her teen years through to parenthood being morbidly obese, Ms Pilgrim decided to undergo laparoscopic gastric banding (lap band surgery) in December 2006.

“It was the best thing I ever did,” Ms Pilgrim said. “I just feel fantastic now. I’ve reached my goal weight, which is 63kg.”

Ms Pilgrim had a band put around her stomach to reduce its size and over the period of a few months, had liquid inserted into the band to tighten her stomach even more.

“It makes you eat smaller portions because you physically can’t eat too much because your stomach is smaller,” she said.

“Then the weight just continuously fell off.”

“

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ROSE PILGRIM

Ms Pilgrim said the hardest change she had to make after the surgery was working out what foods and meals she could eat.

“You can’t eat what you want – foods like steak are too hard to digest, so I was always coming home looking for recipes we could all eat, not just myself, and I thought, we need a cookbook for lapbanders,” she said.

And she has done just that. Ms Pilgrim is about to release her book, *Food 4 Lapbanders*, which contains more than 100 recipes for lapband patients.

“If you eat too much or eat the wrong thing you end up throwing up,” Ms Pilgrim said.

“Part of the reason why I did this book was so people didn’t have to be in those situations.”



Rose Pilgrim lost nearly 70kg following surgery and has written a cookbook to help other patients cook healthy and tasty meals.

Picture: MARCELLA DAVIE N05WG213

Right: Rose Pilgrim before the surgery.

Treatment of last resort

LAPAROSCOPIC gastric banding is a surgical treatment for the morbidly obese.

It induces weight loss by reducing the size of the stomach, which ultimately restricts the amount of food a person can eat.

Dr Leon Massage from the

Greater South Eastern Division of General Practice said although the surgery was generally successful in helping weight loss, it was seen as a “last resort” treatment and encouraged overweight Australians to try a weight-loss plan before considering the operation.

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*Name changed for privacy reasons. # Conditions apply.

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