

Script – Print – How weight loss is helping woman overcome health issues

Donna Fortson, weight loss patient

"I've had to go through a lot of recovery. I have a lot of metal inside me, so it's hard to recover from that. I've been inactive. And that led me to gain a lot of weight." (:10)

Sean Pavlick, dietitian, OSF HealthCare

"If you want to lose 100 pounds, OK, but let's take that in chunks of 20 pounds, just to keep your head in a better position. Because there's a lot of psychology that goes into all of this, and it gets very discouraging, very fast." (:14)

Donna Fortson, weight loss patient

"I have a lot of anxiety with all the stuff going on. So that's my comfort. It wasn't drugs or alcohol. That was my vice. That's the reason I kept gaining weight. I had to sit around a lot. So, what else to do but sit there and eat my sorrow away?" (:24)

Sean Pavlick, dietitian, OSF HealthCare

"I think it's a big attitude change with Donna, for sure. With a lot of patients, there's such a reluctance to change. And any dietitian would agree, we hear it all the time, 'Well, I'm just not going to do that. You can't get me to make those changes.' I like to use the word incremental changes, or we say SMART goals, where it's things that you can tackle, the realistic changes. And Donna's done all those things and made the changes that are maintainable." (:28)

Sean Pavlick, dietitian, OSF HealthCare

"There's peaks and valleys with everyone, but I think something that Donna would say as well, it's the constant support system. And when there is a setback, it's not a big negative thing. We try to put a positive spin on things and reinforce good attitudes." (:16)

Donna Fortson, weight loss patient

"I have a spring in my step, and I look forward to coming in every week and getting weighed, which is weird, because I used to hate the scale. Now I'm like, yes, I better be down.' It's a challenge for me, but I look forward to it. I've dedicated my life to it." (:21)