



Struggling to Lose Weight. Now, Thriving.

Tyshanique says weight-loss surgery at Nazareth Bariatrics helped save her life

Living life was a challenge. Tyshanique Hamilton, 35, felt constant pain in her knees and tingling in her fingers and toes due to being overweight. She struggled physically and mentally. From trying to fasten seat belts to battling low self-esteem, living life was just a struggle. She tried seemingly every popular food diet, fat-burning pill and workout available. The results, if any, would not last long and the weight would come back even worse than before. “In public, I would act like I was so confident—and people responded very positively to that—but on the inside, I hated what I looked like,” explains Tyshanique.

I wanted to thrive in my life, not just survive each day. After years of trying different ways to lose weight, Tyshanique started to consider weight-loss surgery. Initially it was just an idea she was trying to get comfortable with, but then one of Tyshanique’s friends had bariatric surgery and recommended she look into it, seriously this time. Tyshanique did a lot of research online, even going as far as to book a couple of appointments at local bariatric physician offices, and then didn’t go any further. She just wasn’t ready to commit to surgery as a solution for weight loss, but life had other plans.

In May 2019, Tyshanique unexpectedly had to have her gallbladder removed. As part of her care plan following the surgery, she booked a follow-up appointment with board-certified general surgeon Dr. Abhiman Cheeyandira at Nazareth Surgical Associates. While at her appointment, she learned Dr. Cheeyandira also specialized in bariatric surgery. Tyshanique recalls asking a few questions and telling Dr. Cheeyandira, “I’m ready. I want to do this.”

From there, Tyshanique began her journey. She first underwent nutritional, psychiatric, insurance, and other

clearances to be sure she was a good candidate for surgery. She worked closely with Dr. Cheeyandira to determine which bariatric procedure would work best for her. In December 2019, Tyshanique completed her surgery for a gastric sleeve. Eight months after surgery, Tyshanique has lost 87 pounds, which is 63% of her excess weight.

“I wake up every day feeling lighter. I can run now. I can go up a flight of stairs and not feel like I’m going to pass out. When the physical weight came off, so did a lot of the emotional weight and life is enjoyable. Since the surgery, I feel like I am not just living, but I am thriving. The confidence I have today is amazing,” Tyshanique says.

For others who may be considering bariatric surgery, Tyshanique has some advice, “I can totally understand if someone is nervous to move forward. It’s a surgery. But my question to you is, how long can your heart survive with all this extra weight around it? How many other illnesses do you have because you’re overweight? Sure, we can talk about the risk of having surgery, but we should also talk about the risks of not having the surgery. Don’t be okay with sacrificing normal activities. Be honest with yourself—you are uncomfortable. If I had a chance to do it again, I would have done it sooner. Go for it.”

Tyshanique credits the team at Nazareth Bariatrics—from Dr. Cheeyandira to the post-op surgical team—for her continued success. She explains, “I have a strong support system outside of the hospital, but the team at Nazareth is now part of my family and plays a major part in my support network. Dr. Cheeyandira saved my life. The surgery saved my life. I feel like if I can have surgery and lose the weight, I can do anything.”

For more information about Nazareth Bariatrics, call 1.866.NAZARETH.



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