

## Lap Band and Weight

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For Silvia, her decision to turn to lap band surgery to help her situation was even more important in that she was not only fighting with the mental challenges of being overweight, but she was also dealing with the physical effects of weighing too much.

According to Silvia, one of the reasons she chose to try lap band like others who go on to discover that Lap Band Changes Life, was because she was battling very severe back pain.

Due to her weight, Silvia also had knee pain and other health issues to deal with. As Silvia sees it, she was a candidate for heart problems and one of her doctors even labeled her as a 'walking, ticking bomb'.