

*Rosie's new life after 50*



*An interview with  
Rose-Marie Klang*



*Cecilia Bergh in Interview with  
Rose-Marie Klang*

## *Rosie's new life after 50*

*Rosie:* - My name is Rosie, I am 52 years old and I am a registered dietician.

*Cecilia:* - How much did you weigh at your peak?

*Rosie:* - I weighed nearly 350 lbs. I started at the Mandolean® clinic in the autumn of 2005, when my weight was 322 lbs.

*Cecilia:* - How did you get in touch with the Mandolean® clinic?

*Rosie:* - I had fallen and broken a bone in my foot and couldn't work, they blamed it on the obesity. I needed a rehabilitation plan and my company doctor knew about the Mandolean® clinic, as her daughter had been treated for eating disorders at a Mandometer® clinic and she said that it was an excellent place.

*Cecilia:* - But wasn't her daughter treated for anorexia or bulimia rather than obesity?

*Rosie:* - Exactly, and I thought that I suffered from neither, I was just big, very big. But I was invited to go to the Mandolean® clinic to be evaluated.

*Cecilia: - How fast do you think you ate when you weighed 330 lbs?*

*Rosie: - At the beginning of the Mandolean® treatment I ate a portion, 14 ounces, in 7-8 minutes, at home I must have eaten even faster.*

*Cecilia: - How fast do you think you ate at home?*

*Rosie: - In 5-6 minutes maybe, it was such a long time ago. It is behind me, I don't think that way any more. I was able to meet my caseworker and she said that we would help one another and that I would lose weight. I had a binge eating disorder. I was glad to receive treatment, but at the same time I was a little skeptical, how is it possible to lose weight and at the same time eat all that food, so many times per day? In the beginning nothing much happened but soon, I started losing weight. It was a pound a week; it was really wonderful to be able to eat food and lose weight. The joy of looking at the scale, wow, I have lost weight!*

*Cecilia: - Were you hungry when you lost weight?*

*Rosie: - No, I wasn't. What happened was that the craving for sweets disappeared by eating regularly, several times a day. At the start, I was terribly tired, I simply ate and ate - and the only thing one could think of was eating, eating, eating, one couldn't do anything, one was so focused on getting into these new habits. Then one got used to it and one could start living a normal life. I was not as tired and needn't have the sweet craving. The stomach got*

*used to getting these portions and if I ate too much, I felt sick.*

*Cecilia: - Was the sickness so unpleasant that you ate less?*

*Rosie: - At the beginning of my Mandolean® career when I had missed a meal, I flung the food into myself. To change the number of meals from having eaten 1-2 times to 6 times per day was very tough. Then it became a habit that the body was craving for food and indicated it was time to eat now.*

*Cecilia: - You ate 1-2 times per day earlier, what meals were they?*

*Rosie: - One so-called lunch at work consisting of instant soup and a sandwich.*

*Cecilia: - Breakfast?*

*Rosie: - No, I never had breakfast.*

*Cecilia: - Why didn't you have breakfast?*

*Rosie: - I couldn't eat breakfast.*

*Cecilia: - Or did you think that you would start the day well by avoiding breakfast?*

*Rosie: - No, I have never thought so. I never had breakfast. But I do have breakfast today.*

*Cecilia: - Has your eating behavior changed?*

*Rosie: - Yes, I eat more slowly and I get satiated.*

*Cecilia: - Are there any foods of which you say "I mustn't eat that because it has too many calories?"*

*Rosie: - No, nothing is forbidden. Everything is allowed in the right amounts. You can't stop eating things that taste good just because you changed life styles, sometimes you have to allow yourself things. If you eat*



regularly, you don't crave sweets and chips. It is better to eat tasty food, if I want something extra then I would have it as a snack.

*Cecilia:* - Can you describe your craving for sugar?

*Rosie:* - It is like being addicted to something, you must just have it, I could eat food and then eat sweets or rather stuff myself with sweets right after the food.

*Cecilia:* - How much candy did you eat?

*Rosie:* - I bought approximately a pound of candy. I ate it after dinner.

*Cecilia:* - Every day?

*Rosie:* - That we couldn't afford. I also ate Cheese Doodles and chocolate. I ate a bit less food for dinner, then I didn't have to be ashamed. It didn't feel so bad to eat sweets after the food. I thought I was smart.

*Cecilia:* - How long did it take for you to get rid of your sugar craving?

*Rosie:* - A couple of months. I didn't feel craving for something sweet after dinner any longer. And it was a wonderful experience. Is it true that I don't crave for candy? It was something I was craving for all the time after I had eaten. And I blamed everything so that I should have it. It felt great to get rid of the sugar craving.

*Cecilia:* - How long did it take to realize that you will have a normal weight or that you will lose so much weight that there is a completely different life ahead of you.

*Rosie:* - It was in the spring when I started losing weight. I started training because my body felt a little better



*Rosie before the treatment*

and then things started to happen. I could even buy new clothes and then I understood.

*Cecilia:* - Did the training come spontaneously, or did someone tell you to move more?

*Rosie:* - I have been training all my life, but I now suffered less from pain in my knees.

*Cecilia:* - How much weight had you lost when you started training?

*Rosie:* - I don't know. I lost 40 pounds in the first year of treatment at the Mandolean® clinic. That's a lot. I started using smaller dress sizes.

*Cecilia: - You have continued losing weight. You are almost normal weight, right?*

*Rosie: - A year ago, I did a gastric bypass. When I started at the Mandolean® clinic I weighed 313 lbs and lost 40 lbs. My weight before surgery was 273 lbs.*

*Cecilia: - You lost 55 lbs on your own?*

*Rosie: - Not on my own, but thanks to Mandolean®.*

*Cecilia: - How was your eating behavior after surgery?*

*Rosie: - I had difficulty with fluids, I am not keen on soup... and I had to eat nothing but soup for four weeks. You had to eat only very little and very slowly. I already knew how to do that, as I had learned it from Mandolean®. It was a question of taking a teaspoonful. If I ate half a teaspoon too much, I got a very bad stomach ache. After the soups, there were four weeks with processed purées that were tasty. I still had to eat small portions, but the feeling of putting food in my mouth was important. It was not so difficult for me to eat small portions as I had practiced with Mandolean®.*

*I think it was a great advantage to have practiced with Mandolean® before the operation. I had an eating disorder and that you can't take away yourself without help. If I had not got any help with my eating disorder and still had had that operation, I would have faced a 100% risk of still having the eating disorder and the same eating pattern. I know there are people who have undergone the operation and haven't been helped with their eating disorder and therefore regained all their weight. So I recommend Mandolean®, for helping you with your eating*

*disorder and providing guidance when it comes to learning how to eat before the operation.*

*Cecilia: - Was weight reduction a condition for your operation?*

*Rosie: - No.*

*Cecilia: - So the operation has been quite painless for you?*

*Rosie: - I haven't had any problems at all since the operation; I had expected to be in pain. If I hadn't received Mandolean® training and had my eating disorder continued, throwing food into myself, I would never have had that operation. All fat people know how to lose weight but one needs help. We are experts on what to eat and not eat and how to eat. It is difficult to interrupt the sick pattern. I have been overweight since I was very young, my weight went up and down when I was pregnant and I gained a lot of weight that has stayed with me. You need help learning how to eat. Throwing food into yourself was the only way I knew. That is the way I have been eating for the past 30 years.*

*Cecilia: - Did you binge eat?*

*Rosie: - Yes; I threw the food into myself...*

*Cecilia: - Did you try vomiting?*

*Rosie: - When I was younger, ten years ago, I did. I suspected that I had bulimia when I was younger. But then I got a hernia on my stomach and then throwing up was no fun.*

*Cecilia: - Do you think that the operation would have*



prevented you from binge eating?

**Rosie:** - In the beginning, maybe. I knew what half a teaspoon can cause. I surely think I would have binged and discovered, "Oh, what a stomach ache I have", and maybe I would have calmed down a little. But I had continued binge eating and expanding the stomach. It's probably life threatening to do that. Nothing could have stopped me from binge eating.

**Cecilia:** - What do you think about operations for those who are obese?

**Rosie:** - Unfortunately it is a waste of money unless they relearn how to eat normally because those patients usually have to be re-operated. Obesity is regarded as a disease - and we need the right kind of help from the start.

**Cecilia:** - How have the people in your surroundings reacted to your weight loss?

**Rosie:** - When I attended the Mandolean® clinic and lost my weight then people took notice, mostly women - and they said, "Oh how beautiful you have become!" After the operation I constantly received comments but it has taken some time until I have understood that I have lost that much weight. Sometimes I still look big when I look at myself in the mirror but it is getting better.

**Cecilia:** - What does your family and your husband say?

**Rosie:** - My husband was against the operation, he thought that I would die on the operating table because I was over 50 and everything you hear and so, that many die from this operation. Others thought that it was only

good. My mother said - it is about time you get some help.

**Cecilia:** - Did you get any information before you were operated about the number of people that die?

**Rosie:** - No, but all operations can end badly. In TV programs, they say that many people die from the operation. I do not know how many deaths there have been, but I do not think there are many.

**Cecilia:** - Is there obesity in your family?

**Rosie:** - My mother was a bag of bones until she had children. All my sisters and brothers are overweight, about 22 lbs. My husband is overweight. He is very fat and weighs 286 lbs. He is going to get Mandolean® therapy. After a lot of hesitating on his part, I have got him to talk to a doctor, I have said, "They can help you". And he knows it, he watched me do it. He has seen me lose weight. It took a year before I got him to go for Mandolean®. I said, "To start with, I know what it is all about, you have support at home, if you attend the Mandolean® clinic, you will get the support there".

**Cecilia:** - Did you have type-2 diabetes when you weighed 330 lbs?

**Rosie:** - No.

**Cecilia:** - Did you have any complications?

**Rosie:** - Only knees, joints and high blood pressure.

**Cecilia:** - Did you exercise at your peak weight?

**Rosie:** - I used my bike every day until 1999, when I fell and hurt my right knee. After that, I had one accident after the other. Now I only train once a week, carefully.



When I was given the all clear to start training after the operation, I got going like before the operation and thought it worked very well, but after a while I noticed that I became more and more tired. My doctor took blood tests, everything was okay, he said: you are completely healthy. Luckily enough, I had a checkup at the Mandolear® clinic. My nutritionist explained to me that I ate too little in relation to the amount I trained and therefore I was constantly tired. I got an increased calorie diet and started a training program. I regained my energy and the tiredness disappeared.

*Cecilia:* - Did your skin re-adapt after the slow weight reduction that took place at the Mandolear® clinic?

*Rosie:* - I don't think so. When you get older, your skin is not as elastic as when you are younger. My skin didn't hang around my face but it hangs here from the stom-

ach and inside my thighs.

*Cecilia:* - Your face is very nice.

*Cecilia:* - Has your self-esteem changed?

*Rosie:* - Yes, it has improved. For a while it was very stressful, with everyone watching me; I had panic attacks and anxiety. That disappeared during the Mandolear® treatment but came back one month after the operation. I had to seek help again because I couldn't stand people looking at me. My nails started to grow. I never had long nails in my life, they are not long now either but they seem long to me. My hair started growing; my scalp has got a different color. Those are all good things, I don't see anything bad. My clothes budget has become much bigger however.

*Cecilia:* - It must have been a happy moment when you bought new clothes for the first time?

*Rosie:* - I was invited to a wedding in January and I wanted to have something beautiful no matter how much it would cost, I could afford it and then I went out and bought my first piece of clothing, it cost \$57. I went to a wonderful store, I was sweating dreadfully, as I hadn't tried on clothes in shops for many, many years. I found a tunic that I wanted, I tried it on, went out and asked the assistant at the counter, "How does this fit?" She looked - it was a younger woman - "It looks a little big, you should try a smaller size". I took one size smaller, "Help!" I don't have any strength any more, the sweat was pouring, I just wanted to get out of there. I tried the dress on very fast thought it



fitted me well and paid for it. When I got home and put it on calmly - it seemed far too tight on me, how can there be such a difference from very big to tight with one size smaller? I went back to that store and said that it was such a big difference just for one size and she said, try another one in that size. I tried it on and came out - "That one fits perfectly" she said. So that was my first new dress.

*Cecilia:* - How did it feel?

*Rosie:* - Wonderful. Then I called my girlfriends and told them that now I had been out buying clothes.

*Cecilia:* - Did they know that you hadn't bought clothes for many years?

*Rosie:* - Yes, they are women I have known since I was 17-18 years old; we have been friends all the time. When I decided to have the operation, I called my best friend and told her she could join in me buying clothes, but I didn't know what I fancied, what I wanted to have, all these things were new to me. But I discovered that I had quite a good taste for clothes, I didn't need help; it worked well. Now I have started going into shops looking for clothes... It's great. Can I have this? Yes, I can. It's so cool, it's a new life.

*Cecilia:* - If you hadn't had the operation, do you think you could have continued losing weight with the help of Mandolean®?

*Rosie:* - Yes, I would have, but it would have taken longer and longer. The first year, my weight dropped from 313 to 271 lbs. In the beginning, you lose more weight, and then it

takes longer and longer, just like now.

*Cecilia:* - Are you afraid that you will relapse?

*Rosie:* - No, I attend the follow-up program at the Mandolean® clinic. It is five years. I feel secure to be supported by the Mandolean® clinic, I know I can call anytime.

*Cecilia:* - What do the surgeons say? Did you tell them you had lost weight by means of Mandolean®?

*Rosie:* - Yes, but they didn't say anything, they didn't know about Mandolean®. The operation felt like an assembly line operation. I told everyone about Mandolean®. A surgeon said that I had to lose a certain number of pounds and then I said "I attend Mandolean® so I lose weight." "That's good", he said. Then someone said that when I came to the operating theater they said "she is the one who goes to Mandolean®". I hope they considered it an asset, because I could eat and didn't get any complications whatsoever. My eating disorder and binge eating was gone. I had a laparoscopy; others have to be cut up.

*Cecilia:* - How often have you had a follow-up visit with the surgeon?

*Rosie:* - One month after the operation I met with a nurse. I have met with a dietician on one occasion and I met the surgeon one year after the operation.

*Cecilia:* - Have you ever heard any fellow patients saying it is difficult to eat after the operation? Does the operation change your eating behavior?

*Rosie:* - An acquaintance who had had the operation



didn't know how to eat. She has had a difficult time and suffered complications.

*Cecilia:* - Has your husband considered having an operation?

*Rosie:* - He wants someone to just say, "Please, become slim" and then he is slim the following day, just like all the others who are overweight.

*Cecilia:* - I suppose the greatest change in your eating behavior was brought about by Mandolean®?

*Rosie:* - Yes, there was total chaos in my life. When you eat properly, you become much more alert, you are strong in a different way even if you haven't lost so much weight. Since I started at Mandolean®, I have become a completely different person. I am still the same Rosie, to be sure, but I have much more strength, I am just as happy but I have better self-esteem, I see the world differently. Life starts after 50 they say. That is right. I turned 50 in 2005 when I started attending the Mandolean® clinic. If I hadn't started at the Mandolean® clinic, I would never have had an operation.

*Cecilia:* - Do you recommend Mandolean® for those who are overweight?

*Rosie:* - Absolutely, absolutely.

*Cecilia:* - Can you feel satiety and hunger today?

*Rosie:* - Yes, it is wonderful. The first time I felt hungry - wow!

*Cecilia:* - When was that?

*Rosie:* - It was sometime during my period at the Mandolean® clinic, I wish I would have taken a note of it,

it was such a sensation - I am hungry - I am satisfied. I learned at the Mandolean® clinic what satiety is.

*Cecilia:* - How does it feel to be rewarded for losing weight?

*Rosie:* - I have experienced a great thing in my life, namely to give birth to my child and that is the same feeling, you become so incredibly happy, it is impossible to describe how happy you are. You embrace the whole world. It's wonderful.

*Cecilia:* - Do you think that society treats you differently today when you are slim, compared to when you were fat?

*Rosie:* - I haven't noticed it. I always enjoyed life.

*Cecilia:* - Do you think that you withdrew and isolated yourself when you were overweight?

*Rosie:* - No, but as I had panic attacks and anxiety, I avoided certain situations. Now that I have lost weight, it is easier. I don't fill up a whole seat any longer, someone can sit next to me, and I don't have to squeeze myself in any longer. I did that in the beginning even though I had become slimmer. It became an old habit for me, but I don't need to any longer.

*Cecilia:* - Do you eat everything today?

*Rosie:* - Yes, I ate sweets yesterday, I can't eat too much fat, my stomach reacts. I have tried to eat cake, it doesn't work and I start feeling sick. But a potato gratin prepared with regular cream I can eat, I don't get a stomach ache.

*Cecilia:* - But has the sugar craving gone?

*Rosie: - No, I can actually have it sometimes. If I eat too little, the sugar craving comes. Then I know that I should increase the amount of food.*

*Cecilia: - What kind of physical training do you do?*

*Rosie: - Today I practice my strength, my muscles. Muscles disappeared when I had the operation.*

*Cecilia: - Do you take walks too?*

*Rosie: - Yes, a little. I do not love walking. I go to meet a physiotherapist once a month.*

*Cecilia: - That's a fantastic story. Is there anything more you would like to add?*

*Rosie: - I don't know, there is so much you want to say and when it comes to this subject... I only say this, everyone who gets the chance to start at Mandolean® and have this operation - do it! You won't regret it.*

