A Experts View: My life line

Maggie Clinton
From: Gymslip to Pension
OR
Playground to Hydrotherapy
A walk in the Woods: a Patients Tale

- Contradiction or resources
- Prejudice
- Stigma
The Convent Years

• “Ah look at her lovely blond hair and the big blue eyes, she’s a beauty’ (age 5)

TO

• “Ah where did her lovely looks go”
• “JC you’re a fierce size’ (age 8/9, I was wearing an orange zip up jumper)
Beginning to feel different

- Confirmation at age 9yrs- no off the peg dress to fit me. My mother had a friend's wedding dress cut down.
- Winter coats/dresses were now from an adult range
- Feeling guilty as it was costing my parents extra money.
- Feeling left out at school.
- GP berating my Mother about my size.
Secondary School Years

• Growing in confidence.
• Did not need to be ‘right in’ with the in-crowd.
• Sports: hated it, but adapted, founds ways to draw attention to myself in a positive way.
• Gym: Positively dangerous and demeaning for an obese young person.
• Teachers view “Motivated V Dense”
• “Margaret Clinton come here, why is your blazer not buttoned, tell your Mothers to get you a larger size”
  Guilt parent worked hard enough as it was!
Family, Diet & Exercise

- Happy family life, felt safe and secure.
- Extended family important, ‘Cousins’
- ‘you can be anything you want’
- ‘you don’t have to get married to be happy’
- ‘Don’t find yourself on your knees scrubbing floors’
- ‘Read more or you will have to go to the Priory’ !!
Family Profile

• Parents not overweight. Mother very tiny frame.
• Brother ‘normal’
• English Cousins ‘normal’
• Aunt Nora (a nurse) overweight most of her life (Paternal)
• Fathers 1st cousin, morbidly obese as were 4 of her 8 eight children (39 years of age when I met them)
Food

- Influenced by culture
  - Fried breakfast before school.
  - Boiled bacon, spuds, cabbage.
  - Home made soda bread.
  - Puddings on Sunday/ Visitors
    - Tea to drink/Milk
Exercise

• Walking as a family
• Cycling with Brother
• No playing out on street, parks etc.
• Could not swim until 14 years, no local pool
Nursing

• Aged 18 yrs. **14 ½ stone**
• Aged 24yrs – 28yrs **18½ stone** (Mother died)
• Settled at this, then up to **22 st** by 40yrs
• From age 44yrs up to **24½ st** (Father died).

• Year 2000 first diet/gym got to just over **17st.** (Dr. Nick FINER).
• 2005 Back up, repeated above régime and got to about the same again **UP** again.
2013 GUILT, SHAME, ABUSE OF NHS

• 155kg when I first attended Obesity Service
• Oct 2013 aged almost 61 Bariatric surgery “banded by-pass”

• Lowest weight 15stone ½
• Maintain until Jan 2016
• Now 17 stone $\frac{1}{2}$
Today

- 2015 spinal surgery
  - 2016 Ankle surgery.

- Both hips and knees need the ‘supervet’
  - Will I have more surgery?
- Can I get the surgery I require?