

## **I had to lose weight, 100% Experience....**

Hi, My name is Ingrid Stewart and I'm here in Turkey, in Optimed Hospital.

I just had Sleeve Surgery. Everything went great. The reason why I am in Turkey, originally, I am from the United States, my health insurance does not pay for Sleeve Surgery at all. I'm overweight and I'm 58 years old. So, I need to lose weight.



**Ingrid with Dr. Isa Kaman (Bariatric Surgeon)**

So, I was thinking about what I could do, and I was researching online and then I found out about surgeries in Turkey. I got Health-Tourism.com website, and right away I got a response from a hospital named Optimed, from a very nice guy, he started talking to me on right away. I had like 1000 questions for him. And he just answered everything right away. Then, I just felt comfortable going there. So, after made up my mind, and I wanna use that hospital, you know I bought my plane ticket, made an appointment. They just asked a small pre-payment, I said yeah, that's fine.

Originally, was scheduled for September. But then I had, unfortunately, something happened at home, and I rescheduled for October. So, October came, I had flight to Turkey and the nice gentleman (Burak) came and picked me up from the airport. They were there before me, so we drove to the hospital, brought me to hospital room right away. Everybody was taking care of me. You know, they took my blood pressure, my blood, x-ray of my lungs, everything; My room was ready %100 clean and everything. The doctor came and I met the doctor, we talked about what's going to happen with the surgery, showed me a lot of pictures and they made sure, because I don't speak any Turkish, only German and English, they

made sure that I understood everything. Then at least one or two persons were there who could translate if needed.

So then, right the next day, I had surgery in the morning. And of course I don't know what happened during the surgery I was sleeping 😊 But when I woke up, I mean of course I had pain, you know, everybody has pain after surgery. But I mean, look it's 5 days after my surgery and I had something else done yesterday.

The doctor said "She doesn't look like she had a surgery." And I mean everything, the staff at the hospital, there's one special nurse, her name is Fatma, she's one of my best friends now. So, they're so attentive, they work with their hearts, you can tell. I mean all day long they're taking care of you. I mean if you need anything. I mean I was hot, I was brought a fan. They were taking care of me like "Are you not cold?" No. I'm originally from Germany so I'm cold blooded.

I mean it was a %100 experience. So I already scheduled my next surgeries to come definitely here, not even researching for any other hospital.