

## Bullet points of Christy's documented medical changes over the past year:

- Doctor decided to initially lower, then to remove blood pressure medicines.
- Weight loss of 38 lbs.
- Doctor has stopped Warfarin (blood thinner) after 10 years of taking it.
- Doctor stopped Lasix for fluid retention approximately 9 months ago.
- Each visit at the doctor indicates no ankle or leg swelling.
- There has been no fluid accumulation around the heart (previously caused breathing stress and feelings of exhaustion a few times a month or more).
- Heart ejection fraction improvement. Tests from previous years showed continued deterioration of percentage of blood flow out pressure. A test approximately 1 month ago showed no further deterioration had occurred in the past 18 months (since last test).
- Was slated to start Metformin for blood sugar but two months of metered testing and readings showed no need, all readings were at or below normal.
- Blood Tests – cholesterol all within normal range.
- Heart valves were leaky, and had deteriorated over the past several years. There were indications surgery would eventually be needed. As of a test approximately 1 month ago, regurgitation has slowed to mild now, and nothing needs to be done at present time. This shows actual improvement.

## Maybe not so “medical” but pretty amazing!!

- 2” drop in bra size overnight, and 10 months later it is still at the lower measurement.
- purchase of jeans in size 26 and 28 – has become a purchase of jeans in size 20 !!
- 3x tops in the closet and on the store shelves are no longer “fit” for Christy! Lately been known to shop off the XL rack, in the “normal size” departments!
- workplace move to upgrade office, into an upstairs office because Christy can now walk upstairs without being winded or exhausted!
- Loving the ability to pass clothes to others, and only have 2 items in the closet that have been there more than a year.
- Normal shoe size was a size 10 shoe... Now wear a 9, sometimes 8.5 !
- A few weeks ago, staring at legs in a mirror for a very long time, and feeling pretty silly, took pictures of them. Wishing for a tape measure with before and after, because extensive work on legs that week resulted in being able to see, for the first time in a LOOOOOOONG time: *Definition and veins* !! There seemed to be no fat or fluid “cushion” that normally surrounds the legs. There was muscle, there was visible blood flow, there were veins!!! so clear!!!