



Royal College of Physicians

Mr Paul Chesworth's biography

As a child I was healthy and active but larger in stature than children of the same age, into adolescents I continued through senior school actively playing team sports and steadily increasing my weight to 16stones(100Kg), left school at the age of 16 and started a physical job in the gas utility industry, I progressed over the years through the ranks into a management role, a much less physical role and again I was always conscious about my increasing size attempting many differing types of diets, losing then gaining more weight, finally tipping the scales at 26.5 stones(168Kg) in 2010.

Diabetes diagnosed 2005, by 2012 taking the maximum in oral diabetes medication – next step insulin!! Following in my father's footsteps, who had always struggled with his weight and developed diabetes, with the diabetes seriously affecting his health into his old age.

The time had arrived for what I had always perceived as drastic action, I researched surgery options open to me following the many attempts and failure at many alternative diets I opted to undergo gastric bypass surgery in Nov 2014, LIFE changing to say the least and currently maintaining an 11 stone (69Kg) loss.

Best decision I have ever made!!!

I met my partner through a WLSINFO support group and together we challenge each other on a daily basis to make the right choices and understand the consequences of making bad choices. I'm now a Trustee & committee member of WLSINFO and a patient advocate of OEN, I take a lead role in organising National Events to support new and existing members on their journeys while living with obesity.

What great looks like to me, is that I am now better Educated/Focussed/Motivated/Healthier & Happier within myself and proud to share my experiences to support and assist others to understand and achieve their goals while living with obesity.