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ENGL 110C

Midterm: Problem-Solution Essay

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I have been overweight for most of my life and because of that my confidence has always been incredibly low. Being overweight made me notice things that maybe I wouldn't have noticed if I was a little skinnier. I stressed over my skin, the way my neck looked from the back, how long my hair was, but the root of the problem has always been my low self-esteem regarding my weight. Though I was heavier, I always kept active. I played year-round travel volleyball, ran track, played basketball, but still no difference. Last year, I was diagnosed with Polycystic Ovarian Syndrome and that turned my world completely upside down. I always thought I was overweight because there was something wrong with me but to find out there was a medical reason why I was so heavy changed my perspective on a lot of many things.

My weight has always been a problem point in my life. Now that I know what was causing my excess weight, I wanted to come up with a solution to lose it in a healthy but also rapid way. My main goal was to lose weight and, in the process, learn to love myself. I didn't just want to become healthier physically but also become healthier mentally and emotionally and I figured by losing weight all of that would fall into place.

With my mind set on losing weight, I tried almost every diet in the book. The first diet I tried was a vegetarian diet. I figure by eliminating the amount of meat I was eating; I would decrease the amount of fat my body would take in on a daily basis. My routine was to eat two boiled eggs and some fruit for breakfast, have a vegetable medley for lunch, and for dinner have

a salad with a sweet potato. I was on this strict diet for about 2 months while playing volleyball five times a week and I didn't lose a single pound.

The next diet I tried out was the keto diet. I just knew this diet would work due to the fact that I would be completely eliminating carbs. I was taught in health class that when carbs process in your body they turn into sugars which is not good for you and with that preexisting knowledge I figured this diet would be my best plan of action. When on the keto diet, I denied myself bread, pasta, and rice and focused heavily on proteins and veggies during this portion of my dieting. Cutting out carbs for me wasn't that hard at the time because my family doesn't cook carb heavy things. While on the keto diet I continued to play year-round volleyball and remained active. I participated in the keto diet for about three months and lost 2.1 pounds in total. That wasn't enough for the amount of work I was putting in. The last diet method I tried was called intermittent fasting. Intermittent fasting is when you can only eat for a certain amount of time, for example, 12 pm to 8 pm. Because you only have a certain amount of time to eat you naturally take in less calories than you would if you were to eat all day. I was on the intermittent fasting diet for about a month and while on the diet, I got really ill and unfortunately had to stop the diet. While participating in intermittent fasting, I lost about three pounds. All of these diets had the same conclusion, no difference.

I was diagnosed with polycystic ovarian syndrome in January of 2020 and after being diagnosed I had to visit the gynecologist once a month. On one particular appointment I broke down in tears because I felt like there was something wrong with me. I felt as if I just didn't want to be me anymore. My doctor then suggested looking in bariatric surgery and the light bulb in my head immediately went off. When my mother and I got home we immediately started looking into what bariatric surgery was and we straight away found research on bariatric surgery

and women with PCOS (polycystic ovarian syndrome). We scheduled a consultation with the surgeon for the very next week.

Bariatric surgery is incredibly effective on patients who have a hard time losing weight especially those with PCOS. The surgeon informed my mom and I that removing a portion of the stomach helps individuals with polycystic ovarian syndrome because it changes the hormones within the body which then affects the metabolism and craving sensors in the brain. I immediately thought this was the right thing for me and was incredibly optimistic.

I ended up getting a vertical gastric sleeve surgery resulting in me losing 60 pounds and I have never been so happy and confident in who I am. I had a problem of being overweight, unhealthy, and struggled to lose weight. It took many trial and errors but once I found the solution that best worked for me, my smile has never gone away.

Reflection Paragraph

Writing this paper was completely therapeutic for me. I have never explained my story with anyone so to be able to tell my story through writing has been transforming. This was the easiest paper I have written because all I did essentially was tell my story and because all of this happened pretty recently, it made writing that much easier. I do still have a few issues with punctuation, but I've never really been the best at knowing exactly what goes where. I know that with continued practice, I'll get it down. Other than punctuation, I didn't have any other problems writing this essay and thoroughly enjoyed it.