



M A G A Z I N E
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Dear OH Readers,

Like a butterfly emerging from its cocoon, our cover girl for this issue, Suzanne Monahan, has accomplished a beautiful transformation of her own. In her featured article, *Abandoning Fear and Embracing Change*, Suzanne shares her intimate journey through obesity and her metamorphosis into a confident, energized and optimistic woman. What an inspiration she is! Speaking of inspiration, OH Member/writer, tri-athlete Dan Benintendi has written yet another great article filled with tips and insights to help you in your WLS journey. Read his page 44 article: *Adjusting To The New You*. Don't miss the article, *Surprisingly Unhealthy Foods* by Susan Burke March, MS, CDE on page 22. What smart strategies and information she shares with us. And Gerard Williams, PhD writes about his interesting neuropsychological perspective on obesity. (Page 36) Enjoy these articles and more in this issue of OH Magazine.

Are you new to ObesityHelp.com or haven't visited us online recently? If so, sign on today and check out our new design, latest interactive tools, and the instant ways we can all communicate. Yes, our online community has had an "extreme makeover" of it's own. Our IT team has also just released the Lap-Band Adjustment Tracker. Now, you can track your band fills in just three easy steps. Have you had the opportunity to check out the OH Health Tracker? This is one WLS tool that you won't want to miss out on! Additionally, we have added a new section that we're really excited about called Community Pulse. This section highlights the community's hard work and commitment to living a healthy and active life. Until our next issue of OH Magazine, have a fantastic and fun Summer!

All my best,

Tammy J. Colter
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