

**2nd International Congress on
Obesity and Weight Management**
&
**2nd International Conference on
Food Science and Technology**
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From 664 Pounds to Freedom: Transforming My Life Through Bariatric Surgery

Abstract:

The Idea Worth Spreading: Obesity is more than a physical challenge—it's a complex issue intertwined with societal stigma, mental health, and self-perception. Through my journey of losing 360 pounds after gastric sleeve surgery, I've discovered that true transformation starts with mindset, self-advocacy, and the courage to ask for help. My talk challenges misconceptions about weight loss surgery, promotes compassion, and inspires others to embrace the possibility of change.

Four years ago, at 664 pounds, I faced the harsh reality that I might not live much longer. Today, at 304 pounds, I've regained my health and discovered resilience I never knew I had. My first hand experience and lessons learned offer a compelling and relatable story of hope and determination.

Impact: Attendees will leave with a deeper understanding of obesity, practical strategies for self-empowerment, and the inspiration to rewrite their own stories, no matter the obstacle.

Biography

Richard Hentosh is associated with Crozer Bariatrics in the United States, where he is involved in bariatric care and metabolic health. His interests include enhancing patient outcomes through evidence-based approaches to surgical weight-loss management, patient education, and long-term wellness strategies. Committed to advancing bariatric medicine, Richard contributes to multidisciplinary patient support systems and engages with outreach initiatives to promote healthy lifestyle changes.