## Rapid weight loss left Pam Rose, 67, feeling older than her years

wirl in a pristine wedding gown, tears pricked at my eyes. ferful," I said, pulling her in for a hug, It was July 2017. My daughter Leanne, then 53, was ge up for her big day after getting engaged to her partner, Shaun

Together, we'd just picked out her edding dress at the bridal shop. Fd dreamt about this moment ever since she was a little girl, and I couldn't wait to see her walk down the aisle.

But eatching a glimpse of myself in the mirror, I was filled with a feeling of dread.

Learne looked sensational, but I

## WORRYING TIME

suffering with chest pains. I tried to ignore it at first, but I quickly started to worry something was seriously wrong. After eating, my chest would feel tight and I'd struggle to breathe 'T'm calling an ambulance,' Leann

insisted one night in 2015, terrified I was having a beart attack. I was rushed to hospital, where doctors performed tests. At one point, my blood pressure dropped and my heart even stopped beating, but doctors structified to find the cause of the

For the next two years, I was in and at of bospital. Along with her brother Luke, then 54, Leanne was a huge pport, taking me to appointments and looking after my dog.

In June 2017, after having a camera n my throat, ductors found the cause of my symptoms.

We need to remove you gallbladder," the consultant said. Although it was a major operation, I felt pleased finally to get to the root of my problems, and looked forward to getting my health back on track.

The procedure could be performed with keybole surgery. mins I'd be in and ANYTHING TO day. But after the op, I LOOK GOOD'

occurred and my liver had been damaged. I was hospitalised for a whole month as poison from my liver seeped into my bloodstream using septicaemia. The whole time, I lay bedbound,

never once catching sight of myself in eror. I was unable to eat, had a stent fitted and I felt as though I was

By the time I was discharged, I'd lost 1st. At 5ft 4in, Fd gooe from 10st and a healthy size s4, down to a gaunt looking pst. As I took a long look at myself in the full-length

mirror, I sobbed as I saw my newrinkly, saggy and skeletal. I looked like a bag of bones, with skin

1 WOULD

**HAVE PAID** 

I'd always thought it'd be nice to drop a few excess pounds, but not like this And my face bore the brunt of it, Even at 62, my skin had been smooth befo my stay in hospital. Now it was covered in deep lines and excess skin m my jowls. I looked as though I'd aged decades in the space of

a few short weeks. months to go before Learne's wedding. I my face like this. My infidence was at an

shopping for wedding dresses with Leanne, I popped into a local aesthetics clinic to see if they could offer any advice.

1 look like a deflated ballson," I ned to the team at Vie Aesthetics in Rayleigh, Essex. They assured me they could help. After undergoing a consultation, the clinician De Liakas, talked me through

He explained that rapid weight loss in women over the age of 40 has a dearnatic effect on the face, leaving the skin looser and hollow-looking. Loving



ast in one month had sped up the

looking old and gaunt. By lifting areas of sagging skin around my

jawline using a product called Silhouette Soft thread-lift, the tissue could be repositioned to

give a minimally invasive facelift

Dr Liakas also recommended

Ellanse collagen stimulating dermal fillers to correct

wrinkles and folds. They'd add

volume to the face by encouragi body's own collagen production

Teatment cost around £500 per

I agreed to go ahead.

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The procedure was painless. After just two sessions, the difference was

immediate. My skin was plumper, my

ageing process, leaving a

AFTER

oother and Hooked more like myself again. Although I was still tired and weak from everything I'd been through, it felt great to have a youthful glow back to my skin. It gave me the boost I needed to get my body in hape. I worked my way up to swimming to lengths a day at the local pool, helping to tone up loose skin. Gradually, I regained strength and, the weeks passed, the clock rewound

On the day of Leanne's wedding n October 2017, as I got dressed up I looked better than I could have hoped. Despite all my health concerns, my youthful appearance gave me the confidence to smile appily for the camera as my beautiful daughter.

With a new sense of self and a econd chance at life, in October 2019, I threw caution to the wind and set sail on a two-week cruise at the Canaries by myself. Now, I'm looking forward to my next adventure and I'd love to go on an see the Northern Lights.

I still have good days and bad days. ut looking back at photos of my daughter's special day always brings a smile to my face.

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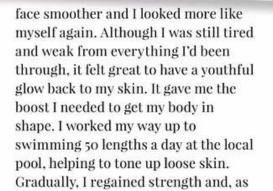
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REWINDING THE CLOCK

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incredible on her daughter's



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With a new sense of self and a second chance at life, in October 2019, I threw caution to the wind and set sail on a two-week cruise around the Canaries by myself. Now, I'm looking forward to my next adventure, and I'd love to go on another cruise to see the Northern Lights.

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