

# 'LOSING 35T AGED ME BY A DECADE'

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

**W**atching my daughter twirl in a pristine wedding gown, tears pricked at my eyes. "You look wonderful," I said, pulling her in for a hug. It was July 2017: My daughter Leanne, then 33, was gearing up for her big day after getting engaged to her partner, Shaun.

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

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

Leanne looked sensational, but I looked awful.

## WORRYING TIME

A few years earlier, I'd started 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.

"I'm calling an ambulance," Leanne insisted one night in 2017, terrified I was having a heart 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 struggled to find the cause of the problem, and I was eventually discharged.

For the next two years, I was in and out of hospital. Along with her brother, Luke, then 34, Leanne was a huge support, taking me to appointments and looking after my dog.

In June 2019, after having a cancer scan my throat, doctors found the cause of my symptoms.

"We need to remove your 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 keyhole surgery, meaning I'd be in and out of hospital within a day. But after the op, I was in agony. Complications had occurred and my liver had been damaged. I was hospitalised for a whole month as poison from my liver seeped into my bloodstream causing septicæmia.

The whole time, I lay bedbound, never once catching sight of myself in the mirror. I was unable to eat, had a stent fitted and I felt as though I was wasting away.

By the time I was discharged, I'd lost 35t. At 5ft 4in, I'd gone from a size 12 to a size 14, down to a gaunt-looking 95t. As I took a long look at myself in the full-length

mirror, I sobbed as I saw my new body – wrinkly, saggy and skeletal. I looked like a bag of bones, with skin hanging off.

## ALL-TIME LOW

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 before my stay in hospital. Now it was covered in deep lines and excess skin hung from my jaws. I looked as though I'd aged decades in the space of a few short weeks.

With just three months to go before Leanne's wedding, I couldn't possibly show my face like this. My confidence was at an all-time low. So after shopping for wedding dresses with Leanne, I popped into a local aesthetics clinic to see if they could offer any advice.

"I look like a deflated balloon," I moaned to the team at Vie Aesthetics in Rayleigh, Essex. They assured me they could help. After undergoing a consultation, the clinician Dr Liakas, talked me through various procedures.

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

**'I WOULD HAVE PAID ANYTHING TO LOOK GOOD'**

35t in one month had sped up the ageing process, leaving me 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 in just one hour.

Dr Liakas also recommended Ellanse collagen stimulating dermal fillers to correct wrinkles and folds. They'd add volume to the face by encouraging the body's own collagen production. Treatment cost around £500 per session. I would've paid anything to look good for my daughter's big day, so I agreed to go ahead.

## REWINDING THE CLOCK

The procedure was painless. After just two sessions, the difference was immediate. My skin was plumper, my



**BEFORE**



**AFTER**



Pam looking incredible on her daughter's big day

On the day of Leanne's wedding, in October 2017, as I got dressed up in my fuchsia pink and navy dress, I looked better than I could have hoped. Despite all my health concerns, my youthful appearance gave me the confidence to smile happily for the camera as mother-of-the-bride, alongside my beautiful daughter.

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.

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

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**incredible on her daughter's big day**



face smoother and I looked 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 shape. I worked my way up to swimming 50 lengths a day at the local pool, helping to tone up loose skin. Gradually, I regained strength and, as the weeks passed, the clock rewound.

my beautiful daughter.

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