



Anne Dancey  
PLASTIC SURGERY

## Irrum's story



My name is Irrum and I am 29 years old. Over the past twelve years I have worked extremely hard to lose 14 stone and 4lbs, I've maintained this extreme weight loss for nearly five years now.

The initial step I took to kick start this weight loss was to become more active. My physical activity levels increased, I took up swimming and started going to the gym. It took perseverance and strength to get up every day to step foot into my local leisure centre. As years went by and the fat was consistently melting away, my physical activities became much easier. The gym became my home, I educated myself on fitness and nutrition. I started doing cardiovascular exercises, strength training with weights and interval training to optimise my workouts to achieve the best results possible.

In 2013, I had a friend who was a personal trainer. He educated me about fitness, weight loss and nutrition and taught me a lot. This personal trainer helped me reach my goal weight! I cannot say it was easy. There were plenty of tears and a lot of pain. My dedication never wavered. My physical activity was not the only contributing factor to my successful weight loss. Building a better relationship with food was my turning point. It changed my life and most defiantly saved my life too. Learning about nutrition enabled me to fuel my body with healthy food to get me through an intense workout and a long day. I trained myself to utilise the skills I had and to protect myself from overeating.

In 2013 I had made the biggest life changing decision to have cosmetic surgery to remove my excess skin. I searched for my perfect surgeon and found Miss Anne Dancey. A year later, I began extensive amounts of aesthetic surgery. Miss Anne Dancey performed an [abdominoplasty](#) (tummy tuck), muscle repair, [brachioplasty](#) (arm lift) and a reverse abdominoplasty.

My recovery from three significant surgeries was a painful, physical and an emotional roller coaster. With the support of my mother, close friends and Miss Anne Dancey I made it through the rocky road to recovery twice. I was extremely unwell during my recoveries and struggled to see the light at the end of the tunnel. I focused on my health and becoming stronger each day. Although healing was belated, the pain eventually diminished and I could eventually get back to what I do best; going to the gym. My recovery was tough but worth every single second, even the second-time round!

I now maintain my weight and keep my physique the same, however, I must work extremely hard to sustain this physique. Miss Anne Dancey helped me create a brand-new canvas, so I could create a new me. I have then enhanced areas of my body by training hard at the gym. Most importantly this long weight loss journey and recovery gave me the confidence and led me to happiness. I will never look back at the old me and the lifestyle I had. The feeling of being utterly happy is priceless.

I changed myself for the best and I can now continue to strive to be better and enjoy the new body that I have earned.