

## **A member of the TV2 Editorial Team lost over 50 kilograms**

Narrator

That's so. We continue. There are certain things we do not talk about, for instance, either because of propriety or modesty. Obesity was a taboo subject in Napló [Diary] for years as its two chief editors, Gábor and Mónika, were chubby, to say the least. Not to mince matters, they were extremely overweight. Once we saw Gábor to have become almost slim, and Mónika took courage from it and quickly lost over 50 kilograms of weight. How did it happen? It turns out soon. Mónika's Diary of her miraculous weight loss is coming.

2nd February 2012

Narrator

A usual Saturday morning in TV2. We edit the actual Napló [Diary] report with my colleague Móni Zlinszki. More precisely, it's not the usual as Móri shares a big secret with me. She has decided to take a drastic step.

Mónika Zlinszki, Editor

My health is the main concern. Then, well, also beauty. I'd like to wear nice and short skirts in the summer, not to hate at last when spring is here.

Narrator

The last push was given by another colleague, Gábor Szender's spectacular transformation.

Gábor Szender, Editor

40 kilograms have gone until now.

Reporter

Móni has admitted, she was so sweet. I've assisted her several diets. [She admitted that] Truly, there have been problems with her self-discipline. Did you experience the same problem?

Gábor

Absolutely, of course. I've been on so many diets myself too. The psychological limit has always been two or three months, until which I could keep sticking to my dieting discipline. And my diets were always successful. But then I put it back, most of the time I doubled the lost weight.

Narrator

Móni has been struggling with her extra kilograms for years. Sometimes she's determined, she sometimes does it desperately. But at the end it always ends in a fiasco. Gábor constantly encourages her as he walked the same way.

Gábor

I'm not hungry. I don't feel like sweets. I don't want to have much food, however, I wasn't operated on here [showing his head]. I don't know why it is so.

Mónika

Perhaps the doc performed a brain surgery as well.

Gábor

Perhaps he reached into it with a stuff, no idea. Really, that's a very interesting stuff. Now, I don't have any redirection activity. Because I think they're mostly these redirection activities.

Narrator

Remember this face, this is the last time you see it.

Móni's big journey was commenced and it's much longer than the way to Veszprém.

It's 4th February 2013.[Cameraman Bertold Bolla]

We arrive within 1.5 hours. She doesn't say but I feel that she's getting more nervous as she speaks more and more.

Mónika

I get an all-inclusive care. I don't have to eat anything, I'm not going to drink anything.

Narrator

Let's head for the room that services a panoramic view. The nurse checks the data, she gets some information, and excitement is mounting. I'm going to be nervous soon as my favourite editor is to go under the knife.

Mónika

I take medication to treat high blood pressure and a remedy to lower uric acid levels.

Narrator

That's why Móni decided to change her life. At last Doctor Mohos arrives. He'll perform the intervention. He has operated on three hundred patients in Hungary until now. Can you imagine that if we take an average weight loss of 40 kilograms, it'd mean 12 tons of fat?

Dr. Elemér Mohos, Chief Physician

There's no such thing as a miraculous surgery. Neither is Gastric Bypass. Not just are there five, six, or eight little, one-centimetre cuts on the skin, and nothing on the earth changes, the [patient] only loses weight. To have the surgery isn't the goal itself, it helps to reach the goal.

Narrator

So you cannot spare doing sports.

Dr. Elemér Mohos

The surgery has two components. First, it decreases the consumed amount of food. Secondly, absorption is limited.

Narrator

We can soon see the two-component intervention.

Dr. Elemér Mohos

We should keep the thrice daily meal-time regimen with a required fluid intake, and there'd no problem.

Mónika

How much is the required intake?

Dr. Elemér Mohos

1.5 or 2 liters daily.

Narrator

Móni knows everything. We can start.

Reporter

You're still in good mood.

Mónika

Yes, still.

Reporter

Then it will be even better.

Narrator

But I hold her hand to encourage her until she falls asleep. The operating table is tilted so that internal organs could get into a lower position for Doctor Mohos to reach the organs which will be insulted. [Editor, Mónika Zlinszki] A phase of the surgery is performed in this position, in a laparoscopic way, which is also called keyhole surgery. First, the abdominal cavity is insufflated so that the tools could get to the organs more easily without hurting them.

Reporter

Was that the liver over there?

Dr. Elemér Mohos

Yes, it was. That's the other lobe. That's the gallbladder, that's the colon, small intestines.

Narrator

First, Doctor Mohos cuts off the biggest part of Móni's stomach using a special sewing machine which I later show you. This way she will be unable to eat much. The remaining stomach size of an egg will be filled with liquid.

Anesthesiologist

We'll check if it bubbles. If it does, it's no good as it means running.

Narrator

Everything is okay with Móni. The next step could be taken. 2/3rds of the 1.5-meter long small intestine is excluded from their function. The little food she can have has less space and less time to be absorbed.

[3.5 hours later]

Narrator

Just a few more stiches at the tiny holes, and from now on Móni can be in the driver's seat.

Dr. Elemér Mohos

Technically speaking, it was performed well, thank God. The accretions weren't that terrible as we expected them to be.

Narrator

And now I'll show you what a disposable endoscopic sewing machine looks like.

Dr. Elemér Mohos

Twice three lines, for clips, and there's a notch in the center, where a blade operates when closed.

Reporter

It's like texture seams on both sides while cutting it at the same time.

Dr. Elemér Mohos

Exactly. Breathe deeply.

Narrator

Móni is waking up but to be really awake she has to wait quite many months.

Reporter

It's over.

Narrator

Bypass meeting at Veszprém Hospital. It's like a jam session. Everyone is happy and has experience to share and horrible pictures on the cell phones.

Male patient

I was absolutely healthy but fat. I just wanted to lose weight. I couldn't zip it up.

Reporter

Can you let me? Isn't it offensive?

Male patient

Go ahead.

Reporter

It can almost suit me.

Male patient

Well, 52 kilograms, that's what I lost.

Reporter

Congratulations.

Narrator

The lecture hall is like swarming of bee hives after the lecture given by Dr. Elemér Mohos.

Male patient

They were just looking at me. I said, yes, it's me.

Female patient

They asked me if I lost some weight. Yes, I said, I lost about 40 kilograms.

Dr. Elemér Mohos

I see that the people are satisfied. I know where they started from. Practically they couldn't move. They were defatigable, often fell asleep every second hour, with worn ligaments and with high blood sugar and fat. They've become healthy and active sportsmen. Fat girls become valley girls.

Narrator

Móni is now where Gábor was at the beginning of the report. He couldn't be missing from the meeting.

Gábor

I started running and the like. I can still lose 10 kilograms. I think it'll happen next year.

Reporter

But you shouldn't lose more weight, should you?

Gábor

I'm 86 kilograms at the moment. Is that all? That's the end of it?

Dr. Elemér Mohos

That's the final weight.

A year later...

Narrator

A year later Móni is at work, again. This time she works with Gábor Kőrösi, a colleague, on a new Napló [Diary] report. She seems to be happy from the distance and not just because she can sit on the chair and place her legs under her chair.

Móni

I've become more self-assured, much more light-hearted, I'm good-humored. It's different but good. I like this new [state].

Reporter

Could you please close your ears?

(To Gábor)

How much has she changed?

Gábor Kőrösi, Reporter

In the morning when we come in, we always tell her, 'My goodness, how much weight you have lost again. Amazing, 10 or 20? How many kilograms have you got rid of again?' And I see it gives pleasure to her but it's natural.

Móni

Who wouldn't like it when she's said to have lost weight? You must be joking.

Narrator

Móni's big day. We don't want to transform her just manage to show her best. We start with make-up and hairdressing. More precisely, with memories.

Móni

Well, they're not my largest pants but a pair of the large ones.

Reporter

Yes.

Móni

54 kilograms.

Narrator

But now, Móni, get beautiful. We shouldn't be late for the stylist.

Rita Szelecsényi, Stylist

She has lost a lot of weight so I'd alter the form of her face a bit with bronze.

Narrator

As long as we are waiting for the result, I show you where Gábor got.

The almost daddy is training around their house as his wife is in late pregnancy. He can't know when to start for the hospital for Panni. But the half marathon is already behind. Three times. And now he's getting trained to ride around Lake Balaton. Within a day, of course. But the change is as big inside as it is outside.

Gábor

Priorities are different. Different things are important. It's not important anymore to live to everyone's expectations but to go my own way. And to find out what I really like. It happened many times that I suppressed certain angers and perhaps food was the thing I escaped to.

Narrator

Meanwhile Móni has been ready. We can go and do our shopping. Stylist Ádám Kispumik is waiting us.

Ádám Kispumik, Stylist

The corpulent people's quality is that amazing energy, this radiating love. Haven't you been told that you're a love bomb? I'm sure you've been told.

Móni

No. But when I was fatter, 54 kilograms more, I was the same. And I'm happy I haven't lost this quality.

Narrator

Ádám thought of a long dress or skirt, or perhaps pants. Let's see what fits best.

Ádám

It's big.

Narrator

Yes, it's not the real one. But no problem, there's another one.

Ádám

You can really go anywhere in it.

Móni

That's pretty good. I really like this skirt.

Ádám

I like the whole bit.

Narrator

Alright, but it's still not perfect. And we don't agree with what's less than that.

Móni

Wow! Well?

Reporter

That's okay. That one suits.

Móni

I like it.

Ádám

So do I. Then let's see some accessories that suit it.

Narrator

And it's found. That's Móni's new face. Do you remember the old one?

Gabriella Dorogi, Reporter

Almost a year and a half, nearly 60 kilograms, huge amount of tears and fight, and a happy smile at the end. In Móni Zlinszki's Diary, with the help of Ádám Kispumik, Stylist, you've seen Gabriella Dorogi's report.