



### **PATIENT TESTIMONIAL:**

*"I met Dr. Jabaly in January of 2008. My insurance company gave me several choices, which I thought was strange, so I said to the woman, "I don't really care I guess, we are new to Ohio and we don't know anyone to suggest a decent a doctor to us. I just wish there was a way to know if a doctor was a Christian or not." The woman seemed to be surprised at my request, but she quickly told me, "There is a family physician, Dr. Jabaly, close to you and his clinic is called MN Angels Clinic." I told her to give me all the information so I could call for an appointment. I prayed that night for this man to be a Christian, or at the very least, for God to make him a compassionate, knowledgeable doctor, who would care for our family and each of our needs. It was very easy to get in to see him. My appointment came fast and maybe it was because the nurse I spoke with. She made my appointment, and was very understanding and knew that I needed to be seen quickly. Finding a top of the line physician was extremely important because I was involved in a car accident a few years ago. My back pain was always aggravating and, sometimes, intolerable. I just associated the pain with my epidural from my c section of my youngest daughter. The car accident sent me into labor. I ended up having an emergency c section, and the epidural didn't help me whatsoever because the injury in my back was blocking the numbing sensation of the medicine from actually taking effect. So, I felt every rip and tear, and every pull, as they pulled my baby from my belly that morning. I associated the pain in my back to everything I had just gone through, but I would never, ever take it back. My husband, Gary, and I prayed for years and suffered nine miscarriages. So, even though my pregnancies were hard, and all four ended up in*

*emergency c section for one reason or another, I still, to this day, would never change a thing. God gave us our family and we are very thankful. We have four girls of our own and then last year, we adopted four brothers and sisters, and they are almost the same ages as our girls. These four kids were so severely abused, emotionally, physically and sexually, and were neglected throughout all of their young lives. Since taking them in, our family was thrown into total chaos!! We had a lot of court dates and therapy sessions and parenting classes just to be eligible to take in these troubled kids and, throughout all of this, I am still home-schooling my two oldest daughters, while tending to the needs of my two youngest daughters, who aren't of school age yet. My already busy day turned into a circus act. Little by little, all of the stress and extra work load took a toll on me and my back, and for all of these reasons, I ended up in Dr Jabaly's office. I went in, seeking a fix for whatever was wrong, that was causing all this pain. I wanted him to say, 'oh it's just a pulled muscle, you will be fine,' even though I knew from the horrible pain and strange happenings that occurred over the past month, that it wasn't going to be just a simple fix. At times, I couldn't walk, because the pain was too severe, and at times, I would stand up to walk, and my leg would just go numb. I would not realize it, and I would fall. I had numbness and tingling in my legs, arms and fingers at times. I would lie on a heating pad placed on a chair, where I also slept. This chair was where I stayed, and when I say "stayed," I mean, I would sleep and sit in it all day long. When I had to do chores, I would actually do the chore, then come back to sit in it once again. Sometimes, I would spend my entire day on the chair, aside from going to the bathroom, which I must say the bathroom trips were horrible. My husband would take me back and forth, or he would push me in an office chair that has wheels. Even the trip there was torture. The bumps and turns hurt so badly. Sitting on the toilet would somehow cut off circulation to my leg, and it would immediately start to ache and then go numb. I would, once again, be helped to my chair. To this day, my lingering problems with back pain still pretty much have me living in my chair with a massager that never stops running.*

*It was my very first appointment with Dr. Jabaly; the nurse weighed me in at 352 pounds. It was shocking of course, but the only thing on my mind was the pain. I was at the point where I needed to ask someone for help to 'fix me' before I would go out of my mind. I am not the type of person who likes to ask for help; it was hard for me to even admit to my family that I needed to sit and rest for a while before I finish mopping the kitchen floor. Honestly, it was scary for the kids and Gary to see me suffering like I was. The pain got me to a point where I couldn't do just regular chores, or "mom" jobs. They were used to seeing me, the day after a c section, cooking dinner, taking care of a newborn, caring for my incision and having a house full of people wanting to see our new baby. I would pull it off without a tear. And, for a while, I would tell myself, "you can handle this, it'll go away soon." (I've had this injury since August of 2004).*

*The nurse took me to a room. She took my history, and was very sweet. She knew I was in pain, so she spoke clearly and understood everything I was trying to convey to her. I sat there, so uncomfortable in a regular chair that made me sit straight up, and was almost too tiny for me to fit in. It was putting pressure on the nerve in my back, causing my leg to go numb. My brain kept thinking that my leg was numb, and when I tried to stand up, I felt like I was going to fall, and feared that nobody would be able to lift me. I was just too heavy, I would hurt someone. I asked the nurse "is that man the doctor?" She nodded,*

*and then I got worried. As I was getting my blood pressure, temperature and weight, I watched and listened to Dr. Jabaly [...] 'Yikes!' It truly intimidated me. This man is highly educated, very well spoken, and dressed to the hilt. I didn't mean to do this, but I said out loud, "Oh mercy, I hope he is nice." The nurse giggled and continued to tell me, with a laugh, that he is very nice, and that he would take care of me. After that, the nurse assured me that the doctor would be right in, and that she would be close by if I needed anything. After she left, I was sitting there praying and crying, and still in loads of pain. Dr. Jabaly came in. There he was, standing with a very warm smile. He outstretched his hand. The whole time he was introducing himself, he held my hand and looked right into my eyes. Immediately, I felt myself calming down. He walked over to each one of my kids and my husband, taking time to shake each ones' hand, all eight of them. He took his time to learn their names, and waited for their little smiles to come out. They all smiled. What more would a mother want? Every mother wants to know that the physician taking care of her children takes the necessary time with each individual child and that all their needs are met and fulfilled. From the first minutes of meeting him, I knew my children were in good hands. It came time for him to focus on me, and even though the kids were being noisy and restless, he covered loads of things with me, and told me very plainly "I can see you are in pain, I know you are struggling, I will take care of you." Over the next couple of days, I went for tests and returned back to Dr Jabaly's office. He thoroughly explained the tests to me, so that I understood him. Then he told me that I was not healthy, and they need to get me healthy before I end up with diabetes, hypertension, heart disease, etc. Those were some very scary words to someone that is already stuck in a recliner! And, he said I am still young; I was too young for any of this to happen, being only 34 years old. He said that by looking at me, he could tell that I had metabolic syndrome, or insulin resistance, and the blood work confirmed it. He made it clear to me what it was, and what it was doing to me. He gave me a plan to get better. I started with Dr. Jabaly's 'plan' on February 20, 2008. I weighed 352 pounds. He started me on medications, and focused on my pain so that I could function and carry out regular day to day tasks with my family. I changed the way I ate, the things I ate and the time I ate. I stopped drinking soda and replaced it with water. I cut out every bit of sugar and bread but, everything else in my kitchen was fair game. Dr. Jabaly told me to cup my hands together, and whatever food that fit in my hand, that's what I should eat. So, I did what he said. I was asking loads of questions, even my husband was frustrated with me, and finally, Dr. Jabaly said, as blunt as he possibly could ( because that was the only way I was going to hear him ) " Pamela, hush, stop talking, listen to me, I am trying to explain things to you and you are so scared that you aren't hearing me, I need you to listen, so shut up and do what I say. I will make you comfortable for now, and I, with your help, will check your blood work and your levels and adjust where we need to and fix what we need to until you are a healthy person again." I am not a person who takes harsh words like that and lets them run off of my back. I was curious because I was scared, which he knew, and that afternoon, I was upset that maybe he thought I was a big baby, and that I wasn't going to do my part. My husband told me I was being difficult, and that I needed to give him time to figure out how to help me and what would work best for me. The next week flew by, and there I was, back in the office; I had lost eight pounds. Yup, eight pounds! 'God took the weight off me,' I thought, 'through the knowledge of Dr. Jabaly!' I was excited. I didn't think I would lose because, remember, I would sit in my chair,*

*almost constantly, just to keep me from being in any pain. Dr. Jabaly wanted to see me often, so, of course, I was in there many times over the next six months. Any fluctuation I told him about, and he would address it immediately.*

*Here I am. It is now September. The last time I went in to see him, he came into the room with a huge smile, just like always, and gives me a high five. He told me "I am excited to get to talk to you today (as he is reading my chart) because I see so many good changes." He told me my sugar is under control, my blood pressure is awesome, and that we are tending to my pain. I told him I am finally sleeping well at night and wake up rested, which means I am not dragging all day long. Then he told me the best news, that I am 16 pounds away from losing 100 pounds!!!!!! I never thought for a second that I would be saying this!! I have lost just less than 100 pounds since February 20! In half a year, I took off 100 pounds! Wow! It's nothing short of amazing!*

*I know this has been a long story, but every bit of it is needed, so that everyone reading it can understand, very clearly, that I have done no exercise, none. It is because my back does not permit it; however, the weight loss has helped tremendously, and it has given me the time with my kids that I was so badly missing. Dr. Jabaly really invested a lot of time and effort and love into finding out how to make me healthy, and he did this over a fairly short period of time. All the while, he was caring for my children, my husband and many, many other sick patients of his. I put my trust in him because I prayed for a Christian doctor and God plopped me right down into his office. God knew I needed a strong man to make me listen to him and someone who would focus a lot of attention on me so I could feel secure with his decisions for me and my family. God changed my life through Dr. Jabaly. He used him to make me healthy and add happiness to my life again. My body, now, works properly. I don't intend to stop now. I want to stay healthy and teach my family good habits, too. I haven't had to buy a big expensive weight-loss program, and I haven't had to go out and buy expensive foods or supplements. It all comes down to a tiny bit of thought, moderation and water! Lots of water! I know that probably half of my problem was that I hated water. Now, my body craves it and, honestly, I have noticed a difference just by giving up soda, and replacing it with water. I don't buy extra foods for me when I shop for my family. I cook normal meals just like I always have, but my portions are smaller, and I don't slather my foods with butter, nor do I coat it with sauces. Food tastes great by itself! I really don't understand why we need so many extras, and so much junk food. Of course, all those things taste great, but most are empty calories, and they leave you hungry just a short while after, along with the trouble it gives you. I have found out that I do not need most of those things, especially in the portions I was having. I will be honest, I haven't deprived myself. On the kids' birthdays, yes, I had cake. I didn't have five pieces though; the key: MODERATION, everything in moderation. For example, at our church picnic, I ate a grilled burger loaded with fresh, garden vegetables, yum! But, I don't keep eating until I am stuffed, that's the change.*

*Over the last few months, my stomach has shrunk. Ear what fits in your hand, remember? It is ok to leave food on your plate. I grew up being told to eat everything on my plate, or I couldn't leave the table. It was hard at first, because I thought that I was wasting food. Then you learn what you can eat and how much, and you only take that portion, nothing more. Also, eating five or six smaller meals daily keeps you from ever feeling hungry. I am so thankful for every bit of effort that Dr. Jabaly and his wonderful staff has put into*

*me and my family. I pray that God blesses them for their excellent care. God's word teaches us over and over to do unto others as we would have done unto us, or love your neighbor as yourself, and John 15:13 says: Greater love hath no man than this that a man lay down his life for his friends. Dr. Jabaly puts everything aside to focus on healing. He strives to make a difference in the community by touching every class of person, no matter their status, no matter their wealth and no matter how stubborn they are to change. He has a heart of a servant, and what more could we ask to become?*

*A servant of Christ, doing the will of God from the heart*

*I am proof that his plans work and that his compassion exists. I am no longer burdened.*

*I have faith in the awesome gift that God has blessed me with, which is Dr. Jabaly. A mere 'thank you' doesn't seem strong enough. I know I will never be able to repay him for what he has taught me, or what he has brought to my attention. I decided the best thing I could do is pass it along. So, I pray that someone, somewhere, can read this, and take it to heart, and then apply it to their life. God Bless you and your family."*

*-In love, Pammie Smotherman*

*9/10/2008*