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I HAD A FULL BODY LIFT AT JUST 17 EXCLUSIVE MALLORY LOST 10 STONE THEN HAD OP TO REMOVE A STONE OF SKIN

By Zoe Nauman

MOST teenage girls spend their time worrying about boys, bands and the latest fashions. Mallory Mahedy had just one all-consuming obsession... eating.

At 16 she weighed an incredible 23 STONE after gorging on 20,000 calories of junk food EVERY day. An average breakfast was a large bag of french fries and a milkshake, while dinner was three litres of ice cream.

But after losing a massive 10 stone in two years and dropping eight dress sizes to a size 14, she has become one of the youngest people to have a full body lift to remove a stone of loose skin.

"When they took off my bandages and I saw my flat stomach I started to cry," says Mallory. "It was the first time I had seen my belly-button for years. It was the most wonderful day of my life."

Mallory had the £12,500 body lift a few days before her 18th birthday last month to remove the excess skin.

"Of course I was slimmer after losing so much weight, but when I exercised or did just about anything my skin moved around and wobbled.

"I had to wear a tank-top under my T-shirt to hold everything in. Now for the first time in ages I feel and look great."

Mallory's battle with her weight began when she was 10 and lost all four of her grand-parents to cancer within months of each other.

"It really hit me hard," she says. "I stopped playing sport and started comfort eating. Sweet things made me feel better and I started bingeing. The weight started piling on but I just didn't care. The more I ate the better I felt so I just kept eating. I couldn't wait to get my next meal or snack."

In a typical day, Mallory would eat around 20,000 calories and 650 grams of fat including 200 grams of saturated fat. The recommended daily intake for a woman is 2,000 calories and 65g of fat, of which only 20 should be saturated fat.

She said: "I knew what I was doing was wrong but I couldn't help myself."

Her poor diet also gave her mood swings: "All the sugar made me really angry one minute, hyper the next and then down in the dumps again."

Over the next five years, the American teenager's weight ballooned: "I was 16 years old and 23 stone. I was so huge a dress size didn't exist for me - I was wearing XXXXL sweat-shirts and tracksuit bottoms."

Mallory, who lives with her stockbroker dad Sean, 52, and mum Debra, 51, a florists' manager, in Richmond, Virginia, says her parents tried everything they could to stop her bad habits. But they didn't

know how much food she was stashing in her room. "Mum would try to encourage me to eat healthily and suggest I eat smaller portions. But I didn't listen.

"I would also hide food under my bed and I'd eat a lot of sweets on my way home so she didn't see. They were both really worried about me."

Debra did encourage Mallory to go to holiday "fat camps" - where teenagers can go for the summer holidays to diet and exercise. But she always piled the pounds back on: "I didn't have the willpower to carry on dieting."

At first she didn't get bullied over her size, but the larger she got the more she became a target.

At 5ft 9in she was taller than a lot of the other pupils and was aggressive to ward off bullies.

But the turning point came when one morning she walked into school and found her locker had been super-glued: "Everyone was standing around laughing at me. It was the straw that broke the camel's back and I knew I had to change."

On August 31, 2004, Mallory enrolled at the Academy of Sierra - the United States' first boarding school for overweight teenagers. And this time she was determined to make it work.

The school combined a strict eating plan, exercise schedule and food education with counselling and normal lessons. In nine months, Mallory dropped from 23 stone to 14 stone. She could now get into a size 16.

She says: "It was a big change and difficult at first. But soon I stopped having mood swings from all the sugar and losing the weight made me more determined to carry on."

But her dramatic weight loss left her with excess skin which had stretched to fit her old shape. Plastic surgery was the only solution.

Mallory consulted surgeon Dr Michael Bermant who told her she'd have to wait nine months to prove she could keep her weight stable before she went under the knife - and she did it.

The plastic surgeon used a technique where the patient is given only local anaesthetic. This meant within two days Mallory was up and about and had almost no bruising and swelling.

Mallory says: "I wasn't nervous at all up until the actual day. I was in pieces. But I knew I had to do it."

Mallory had her operation on March 17 - it lasted 12 1/2 hours. Dr Bermant removed a stone of tissue from her tummy, back and thighs. Just over a week after going under the knife, Mallory celebrated her 18th birthday. "My friends couldn't believe it was me!"

She wants to reach her goal weight of 12 stone so she is eligible to join the air force.

"I also want to take my psychology degree and help other obese kids understand what they are doing.

"And of course, I would love to go on a date! Boys didn't look at me before. But there will be no stopping now I feel like a new woman."

REMOVING EXCESS SKIN

A FULL body lift involves cutting around the circumference of the patient's waist and removing a whole section of loose tissue.

Mallory's operation lasted 12-and-half hours. A stone of skin was removed. A horizontal cut was then made up the abdomen, her skin tightened and all the edge sewn back together.

She also had her belly-button re-positioned.

"I have to wear a bandage round my tummy to help it heal.

"But every day I get a little smaller," she says.

DIET BEFORE

Breakfast: Large fries and a milkshake

Lunch: McDonald's or three large bags of crisps and a pizza

Snacks: Two or three large bags of sweets and numerous chocolate bars

Dinner: Two large tubs of coffee ice cream with real white chocolate

Exercise: None

FATCAMP DIET

Breakfast: Cereal with fat-free milk

Lunch: Grilled veggie burger in a bun with a large salad and fat-free crisps

Snacks: Fruit

Dinner: Half a cup of pasta with half a cup of sauce and a piece of low-fat cake or bowl of low-cal ice cream

Exercise: Running, netball and swimming every day

DIET NOW

Breakfast: Half a cup of oatmeal

Lunch: Veggie sandwich with salad and fat-free dressing or pitta pizza (pitta with fresh tomato sauce and grilled vegetables)

Snacks: Fruit smoothie

Dinner: Veg lasagne with salad and fat-free ice cream

Exercise: Running three miles a day and fitness classes