# Chanice Higgins transforms her life by losing 13 stone



Chanice Higgins, a 31-year-old carer from Wolverhampton, has undergone a life-altering transformation after losing an impressive 13 stone. Her journey began when she encountered severe health problems linked to her weight, including debilitating migraines that led doctors to consider the possibility of a brain tumour.

Initially weighing 23 stone and wearing a size 26, Chanice began experiencing intense migraines, characterised by severe pain, flashing lights, and blurred vision. After a particularly bad episode in September 2017 required hospital admission, she was diagnosed with Idiopathic Intracranial Hypertension, a condition marked by increased pressure around the brain. Doctors indicated that her significant weight was likely a contributing factor to her health crisis.

"I was suffering with severe migraines that felt like I'd been hit with a brick," Chanice recounted in an interview with NeedToKnow. "When I was told it was related to my weight, I was relieved that it wasn't too sinister—but shocked that my weight could cause something so severe."

Reflecting on her past, Chanice noted that she had battled with her weight since her teenage years. She attributed her weight gain to the dietary changes she adopted in secondary school, moving from home-cooked meals to a diet high in fast food. Chanice also faced bullying during her school years, which further impacted her self-esteem.

Throughout her adulthood, she attempted various diets including Slimming World, WW, and OMAD (one meal a day), but found none to be effective long-term. Despite a job that required physical activity, Chanice struggled with feelings of embarrassment about her size and the constraints it imposed on her social life, including anxiety about public transport and communal spaces.

In a bid to reclaim her health, Chanice initiated significant lifestyle changes post-diagnosis, including calorie reduction and walking 10,000 steps daily, which initially led to a three-stone weight loss. Ultimately, she underwent a gastric sleeve operation, funded by the NHS, in February 2024. Since the surgery, her weight has reduced to just 10 stone, allowing her to comfortably fit into size ten clothing.

"My life has changed massively and my health condition has completely reversed," Chanice remarked after her surgery, also noting her improvements in blood pressure and the absence of her previous symptoms, including headaches.

The stark difference in her appearance has led to bewildering experiences with recognition. Chanice shared that even close family members did not recognise her at a gathering, highlighting the significant impact of her transformation.

"They said, 'Oh sorry, I thought you were Chanice'," she recalled, underscoring the drastic change in her physical appearance.

As she continues her journey, Chanice aims to motivate others facing similar weight challenges. She advises those struggling with their weight to take small steps towards a healthier lifestyle. "Little and often is the way," she stated, emphasising the importance of manageable changes.

Chanice’s remarkable story serves as an illustration of personal determination and the profound effects that lifestyle alterations can have on health and self-esteem.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://needtoknow.co.uk/2025/03/19/doctors-thought-i-had-a-brain-tumour-but-it-was-actually-sign-i-needed-to-lose-weight-now-ive-dropped-12st-and-family-dont-recognise-me/> - This article corroborates Chanice Higgins' story of losing significant weight after being misdiagnosed with a potential brain tumour, highlighting her journey from severe health issues to a dramatic transformation.
* <https://www.nhs.uk/conditions/idiopathic-intracranial-hypertension/> - This NHS webpage provides information on Idiopathic Intracranial Hypertension, a condition Chanice was diagnosed with, which is often linked to obesity.
* <https://www.slimmingworld.co.uk/> - Slimming World is one of the diets Chanice tried before her successful weight loss journey, reflecting her efforts to manage her weight through various methods.
* <https://www.weightwatchers.com/us/> - Weight Watchers is another diet program Chanice attempted, showing her exploration of different weight management strategies.
* <https://www.nhs.uk/conditions/gastric-sleeve-surgery/> - This NHS webpage explains gastric sleeve surgery, which Chanice underwent in February 2024, funded by the NHS, as part of her successful weight loss journey.
* <https://www.nhs.uk/live-well/exercise/walking-for-health/> - This NHS webpage supports the importance of walking for health, as Chanice incorporated walking 10,000 steps daily into her lifestyle changes.
* <https://www.bristolpost.co.uk/news/health/woman-loses-13-stone-after-10035708> - Please view link - unable to able to access data