

BMI Newsletter

[Volume 2]

BMI's Latest Published Research

Congratulations to our research team and our research partners! Our paper titled "Long Term Success and Failure with Sleeve Gastrectomy is Predictable by Three Months: A Multivariate Model Using Simple Office Markers" will be published in the journal, *Surgery for Obesity and Related Diseases*.

The authors are Dr. Daniel Rhead Cottam, MD; Austin H Cottam; Josiah Billings; Peter Billings, MD; Samuel H Cottam; Hinali Zaveri, MD; and Amit Surve, MD.

We appreciate all the knowledge they have added to how to best treat our sleeve gastrectomy patients. Keep up the hard work! This study has helped us with how to treat patients correctly three months after surgery. We hope it will help others surgeons across the country now.



Books We Are Reading

Dr. Cottam has recommended *Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently* by David Ludwig, MD, PHD. If you haven't started reading, start today! Here is recap of chapter 1 and 2. More will come on Facebook in April.

In chapter one Ludwig discusses why just counting calories is not enough to help people lose weight. He introduces his thesis that weight reduction can only come as we change what we eat and our lifestyles to retrain our fat cells to stop storing energy. He explains how recent research shows that a low carbohydrate diet is more successful than a low-fat diet.

Ludwig emphasizes how important what we eat is to our dieting success. He claims processed carbohydrates digest rapidly, raising insulin levels excessively and programming fat cells to hoard calories. Also, our modern lifestyle—including stress, sleep deprivation, and sedentary habits—have forced fat cells into calorie-storage overdrive.

In chapter two Ludwig discusses how for years medicine has only focused on calories-in minus calories-out to determine weight loss, but it is much more complicated than that. We have also focused on not ingesting too much fat. Yet obesity rates have skyrocketed. Ludwig tries to prove that this epidemic it is not due to a lack of exercise, too much tasty food, a lack of willpower, or genetics as some have proposed, but more on what we eat.

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Upcoming Events

Utah County Support Group
 My 16 @ 6:00
 American Fork Hospital
 170 N 1100 E.

Salt Lake Support Group
 June 6 @ 6:00
 Moreau Medical Building
 1002 East South Temple

Recipe Ideas

Balsamic Brussel Sprouts

Ingredients

1 1/2 pounds Brussels sprouts, trimmed and cut in half through the core

4 ounces pancetta, 1/4-inch-diced

1/4 cup good olive oil

Kosher salt and freshly ground black pepper

1 tablespoon syrupy balsamic vinegar

Directions

Preheat the oven to 400 degrees. Place the Brussels sprouts on a sheet pan, including some of the loose leaves, which get crispy when they're roasted. Add the pancetta, olive oil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper, toss with your hands, and spread out in a single layer. Roast the Brussels sprouts for 20 to 30 minutes, until they're tender and nicely browned and the pancetta is cooked. Toss once during roasting. Remove from the oven, drizzle immediately with the balsamic vinegar, and toss again. Taste for seasonings, and serve hot. Courtesy of the foodnetwork.com



Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.

Weight Loss Success

Congratulations

Jay Beardsley down 200 pounds 13 months after a loop duodenal switch

Joe Craven down 140 pounds one year after his loop duodenal switch

Mark Lawrence down 150 pounds one year after his loop duodenal switch

Channel Achenbach down 160 pounds 18 months after her loop duodenal switch

William Schulz down 108 pounds 13 months after his loop duodenal switch

Michelle Kammerman down 100 pounds one year after her loop duodenal switch

Donald Larson down 192 pounds one year after his sleeve gastrectomy

Carlos Sanchez down 101 pounds 6 months after his loop duodenal switch.

Bobbi Fulmer down 120 pounds one year after her sleeve gastrectomy.



Weight Loss Tips

We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and get some great advice on little ways to boost your weight loss. Some of our latest tip include to use the many apps available to help you stay on track with your weight loss goals. We also emphasized how important is to eat natural fiber and all your green vegetables. Eating protein at breakfast is very important and eggs are a great way to achieve that goal. Finally, stress has been shown to cause weight gain, so to stay on track work on managing your stress.

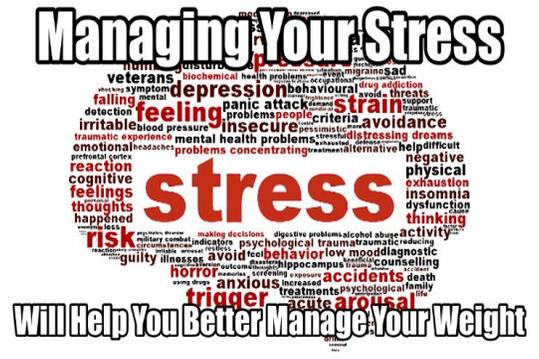
Use Technology To



Eat Your GREENS!



Managing Your Stress



Progress on City Creek Surgical Center

Construction continues on the City Creek Surgical Center in the basement of BMI of Utah. We have started framing and making a new entrance. We hope this project will allow better care for our patients. Pardon our dust as the work continues.



We continue to train third year medical students from the University of Utah. We have helped them with their laparoscopic and robotic skills. In March, we even had a visiting surgeon from China. We are glad they could work with BMI, and we hoped they learned a lot!



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Aspire, Learn, Teach, Inspire

Find us on the Web:
bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
ASPIRE. LEARN. TEACH. INSPIRE.

Doctors from around the Country and World that We Have Been Training

In March, we loved having surgeons here from Detroit, Michigan; Chicago, Illinois; Phoenix, Arizona; and Pune, India. They all came out to learn about the loop duodenal switch (SIPS). We enjoyed teaching them and demonstrating this life changing weight loss procedure. We hope they can implement it back in their own practices.



Dr. Cottam enjoyed teaching other laparoscopic surgeons at the MISS Conference (Minimally Invasive Surgery Symposium) in Las Vegas. He taught about the loop duodenal switch (SIPS).

