



Making the Decision to Improve Your Health

If you have a Body Mass Index (BMI) of 40 or above, health issues related to obesity, or you simply want to lose weight, Bariatric Medicine Institute can help you reach your goals.

At BMI, our treatment program doesn't just include surgery. We believe that long-term success involves a multi-disciplinary approach. Our process includes nutritional guidance, support groups, classes, and professional counseling services.

Free Educational Seminar

If you want to be healthy and take control of your life, now is the time. We offer FREE seminars with the BMI staff and surgeons. Seminars cover what weight loss plan is right for you, details on preparation for life before and after surgery, and the opportunity for one-on-one consulting and counseling. Best of all, you will be able to have all of your questions answered by caring professionals who understand your situation.

GET STARTED BY CALLING US OR VISITING OUR WEBSITE FOR MORE INFORMATION.

It's Your Day – Call Us! 801.746.2885
or visit www.bmiut.com

Sandra Took Control



BEFORE



AFTER

“I had high blood pressure and cholesterol, my BMI was 46.5, and I was a diabetic. The team at the Bariatric Medicine Institute helped me every step of the way. Two years later, I am 91 lbs. lighter, and the quality of my life is so much higher. With BMI's help, I made a lifetime commitment to my health.”

Our Experts

Christina Richards, M.D.



Daniel Cottam, M.D.



Le Grand P. Belnap, M.D.



Walter Medlin, M.D.



It's Your Day to Take Control of Your Life



1046 East 100 South • Salt Lake City, UT 84102

Tel: 801.746.2885 Fax: 801.746.2886

www.bmiut.com

MBSAQIP

METABOLIC AND BARIATRIC SURGERY
ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
ACCREDITED CENTER



Surgical Weight Loss



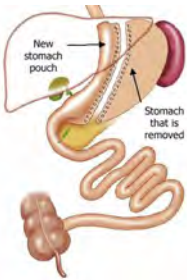
Lap Band

An adjustable saline filled balloon is placed around the top part of the stomach to create a small pouch. The band is adjusted using a port placed under the skin. Adjusting the band alters how quickly food leaves the new pouch.



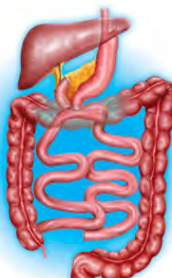
Gastric Bypass

Part of the stomach is separated to create a small pouch; restricting the amount of food that can be eaten. There is also malabsorption due to the rerouting of the small intestines.



Sleeve Gastrectomy

Generates weight loss, without bypassing the intestines, by restricting the amount of food that can be eaten. The excess stomach volume is removed which helps control hunger.



Duodenal Switch

Rearranges the small intestine to separate the flow of food from the flow of bile and pancreatic juices. This inhibits the absorption of fats and some nutrients. This is recommended for very morbidly obese or those with severe diabetes.

Non-Surgical Weight Loss

The team:

Certified, Center of Excellence Bariatric team including:

- Physician
- Dietitian
- Fitness Trainer

Who qualifies?

Anyone who wishes to lose and maintain weight loss. Including those who have had weight loss surgery, those who need extra support without weight loss surgery, and adolescents.

What is involved?

A 60 min. initial visit with the bariatric team to discuss goals, evaluate eating and fitness habits, metabolic testing, and EKG (if medication is prescribed). Weekly and/or monthly follow-up visits including: private weigh in's, one-on-one education, food log tracking, and personalized workouts.



Amenities

Center of Excellence

Caring friendly staff

Located in the heart of Salt Lake

Metabolic testing

Dietitian

Psychologist

Personal Fitness Trainers

On-site gym

Supplement shop

Support groups

Free Informational Sessions
(in person and online)

Education classes

Insurance advocates

On-site lab

Heartburn Care Center