

BMI Newsletter

Upcoming Support Groups

Who do you see in the mirror? Has weight loss changed your perception of yourself or is your body simply smaller? Do you ask yourself when will my brain catch up to my body? Let's talk at support group!

Layton January 11th @ 6pm Davis Hospital Cafeteria

American Fork January 23rd @ 6pm American Fork Hospital Classroom 2

Salt Lake City January 25th @ 6pm Moreau Building Classroom

Please check our Facebook Page and our website at www.bmiut.com under the seminar tabs for any updates 😊



City Creek Surgical is Finally Open!

We opened our Surgical Center on December 15th. We are so excited to better serve our patients with this amazing resource!



Contents

News and Updates	
Upcoming Support Groups	1
Surgical Center Opening	1
Recent Publications	1
Weight Loss Success	2
Congratulations	2
Satellite Clinics	2
Weight Loss Tips	3
Brag Board	3
Recipe	4
Consultations	4

Recent Publications

The researchers at BMI just had another research study accepted for presentation at the SAGES conferences in April. The study was A RANDOMIZED DOUBLE BLINDED PLACEBO CONTROLLED TRIAL OF BISMUTH SUBGALLATE ON LOOP DUODENAL SWITCH PATIENTS.

Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Rachel Bennett is down 73 pounds after her loop duodenal switch six months ago. Her diabetes, sleep apnea, and high blood pressure are all gone!



Peggy and Leonard Trujillo are both looking amazing following their loop duodenal switches.



Terry Nelson has lost 102 pounds following her loop duodenal switch!



Congratulations to our Former MA!

Congratulations to our former MA, Heidi Bair! She graduated from nursing school in December. Dr. Cottam attended the ceremony to do her "pinning." She chose Dr. Cottam because he helped inspire her to become a nurse. We are all proud of you, Heidi!

The Bariatric Medicine Institute Has Satellite Clinics

BMI of Utah holds clinics in Elko, Draper, Layton, and Rock Springs. You can follow up with dietary consultations, personal training and wellness coaching!

Take advantage of what your program offers! If these locations are more convenient for you, here is the current schedule:

Elko, NV – 1st and 3rd Thursday of each month

Draper, UT – 1st and 3rd Tuesday afternoon of each month

Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month

Rock Springs, WY – 3rd Friday of each month

Give us a call if you need to schedule an appointment 801-746-2885



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 receive some great advice on ways to boost your weight loss.



Destroy or throw out tempting food. The best way to avoid temptation is to eliminate it. If you are eating a piece of chocolate cake and can't stop, pour salt on it before you take another bite. Or if the neighbors bring you cookies, thank them graciously and then dump them in your stinkiest garbage can before you give into temptation.



No one overeats in every setting. You need to figure out the situations where you are tempted to overindulge and then make a plan to combat the temptation. For instance, if popcorn is a temptation at the movies, maybe you can sneak in some air popped popcorn instead of eating the high calorie movie version. Or if you are going to a party that you know will have the kind of desserts you crave, bring something of your own that is healthier but still appealing to you. Having a plan in advance will help you make better decisions.



Life involves cooking, but be careful about mindlessly tasting what you are cooking. All of these tastes can add up to a lot of added calories. Limit the number of "tastes" as much as possible!



If you want to make New Year's resolutions, make sure you are SMART about it. Your goals should be Specific, Measurable, Attainable, Relevant, and Time based. So, don't just make a goal to lose weight, make a goal to lose a specific number of pounds by a specific date and make sure the amount is attainable. Or maybe make a goal not to eat added sugars for two weeks or some other goal to eat healthier. Just don't make a goal to simply "eat healthy."

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.

We will be having a Brag Board put up in the office! This will allow us to share stories and pictures of our patients, so if anyone wants to be featured, please let us know. We would love to hear about your accomplishments and feature them on our board!



One Pan Healthy Chicken and Veggies from chelseasmessyapron.com

Ingredients:

Chicken & Veggies

1 small (~1 cup) sweet potato
 1 pound boneless skinless chicken breast
 1 and 3/4 cup assorted sweet bell peppers
 1 and 1/2 cups green beans
 2 heads (~3 and 1/2 cups) broccoli

Seasoning

5 tablespoons olive oil
 2 teaspoons chili powder
 1 teaspoon paprika
 1 teaspoon white sugar
 1/2 teaspoon EACH onion powder, garlic powder, ground cumin
 1/4 teaspoon cayenne pepper
 1 teaspoon salt
 Optional: 3/4 cup finely shredded cheese (colby jack, Mexican blend, cheddar, pepperjack)
 Optional: fresh cilantro, fresh limes

Instructions

1. Preheat the oven to 425 degrees F and line a very large sheet pan with parchment paper and set aside.
2. Prep the chicken and veggies: First, pierce the sweet potato with a fork a few times and place in the microwave for 5 minutes, flipping on the other side after 2.5 minutes. Remove and let cool for a minute. Peel off the skins and then chop into very small pieces (important they are small and that you first microwave for these to be cooked in time with everything else!)
3. Chop the chicken into 1/2 inch pieces. Remove the stems and seeds and coarsely chop the peppers. Cut the beans in half. Coarsely chop the broccoli.
4. Place all the veggies* and chicken on the sheet pan. In a small bowl, combine the olive oil and all of the seasonings listed and mix.
5. Pour the seasoning mixture over the veggies and chicken and toss with your hands until everything is well coated. Spread everything into 1 even layer.
6. Bake for 10 minutes, flip and bake for another 10-20 minutes (all depending on the size you've cut your veggies and chicken and the heat of your oven) (The veggies are crisp tender and chicken is cooked through for me at around 20 total minutes)
7. Remove from the oven and top with the cheese if desired. Return to the oven for 1-2 minutes or until the cheese is melted.
8. Remove and enjoy over cooked rice or quinoa and with fresh cilantro and a lime wedge if desired.
9. MEAL PREPPING: Place an even amount of quinoa (I cook 1 and 1/2 cups dry quinoa) into the bottom of 4 different containers. Divide this baked chicken and veggie dish equally in 4 parts. Top each container with fresh cilantro and a lime wedge. Cover and place in the fridge. Enjoy within 4 days.

Recipe Notes

*If you want really well roasted/more tender veggies, bake them by themselves for 10 minutes before adding in the chicken. We like the veggies to be crisp tender (especially when using this dish as a meal prep) so I toss them with the chicken at the start.

BMI of Utah

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Aspire, Learn, Teach, Inspire

Find us on the Web:
bmiut.com

Dietary Consultations, Personal Training, and Wellness Coaching.

Please remember that included in your cost of surgery is dietary consultations, personal training, and wellness coaching. Don't sit back and stress, come in and keep your monthly follow ups for as long as you would like! Losing the weight is step one, maintenance is lifelong! Don't drop off because you are a year or more out. That is when the real work begins! Stay in the loop of success with the follow ups and support groups that are offered!

We offer satellite clinics in Draper; Layton; Elko, NV; and Rock Springs, WY. Call to make your appointment today, and if coming in person is not available to you, schedule for a monthly or bi monthly phone consult to keep your progress on track!

The 4th Monday of the month is now open for follow ups with Tracey and Andrea. Take advantage of an early week consult!



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