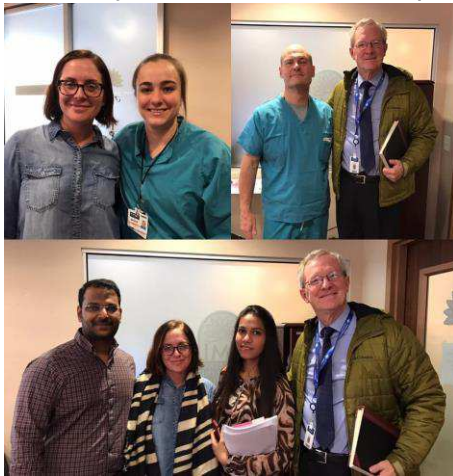


BMI Newsletter

[Volume 1, Issue 1]

Upcoming Research

Dr. Medlin, Dr. Cottam, Dr. Zaveri, Dr. Surve, and our third-year medical student, Natalie Rea met with Dr. Ted Adams and his researcher, Sara Wilkins. Dr. Adams is the world-famous author of The New England Journal of Medicine's article that was pivotal for the appropriate care of patients with obesity - and many others. We are thrilled to be working with him on his current project on the genetics of obesity and metabolism in hepatosteatosiis (fatty liver disease).



Fatty liver disease is now the most frequent cause of cirrhosis, ahead of hepatitis C and alcohol, and will be responsible for a doubling of the need of liver transplants in the next 10 or 15 years. We are excited to be working with these prominent researchers and will keep everyone updated on our findings.



BMI's Latest Published Research

Dr. Daniel Cottam, Dr. Amit Surve, Dr. Hinali Zaveri, and Austin Cottam published an article in Bariatric Times entitled "SIPS is Quickly Becoming an Option for Surgical Revision of Failed Sleeve Gastrectomy." In this article, they discuss how SIPS is a good option for people with failed sleeve gastrectomy and how patients who are revised from the sleeve to a SIPS procedure go on to lose similar amounts of weight as those who originally had a SIPS procedure when it is performed in the first year after the sleeve. They also show how moving from a sleeve to SIPS is technically simpler with fewer complications compared to a gastric bypass.

Books Worth Reading

Dr. Cottam has recommended *Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently* by David Ludwig, MD, PHD. We will be reporting some of the information from this book on Facebook this month. Read along with us!

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News from Those Fighting Obesity

Upcoming Events

Salt Lake Support Group
March 7 @ 6:00
Moreau Medical Building
1002 East South Temple

Layton Support Group
March 8 @ 6:00
Davis Hospital
1600 W Antelope Dr. Classroom 1

Utah County Support Group
March 21 @ 6:00
American Fork Hospital
170 N 1100 E.

We are happy to report that the American Diabetes Association is recognizing how useful bariatric surgery can be in controlling type 2 diabetes. Their 2017 Standards of Medical Care include a new and important emphasis on bariatric surgery for the treatment of type 2 diabetes. The recommendations claim, "Metabolic surgery should be recommended to treat type 2 diabetes in appropriate surgical candidates with BMI 40 kg/m² (BMI 37.5 kg/m² in Asian Americans), regardless of the level of glycemic control or complexity of glucose-lowering regimens, and in adults with BMI 35.0–39.9 kg/m² (32.5–37.4 kg/m² in Asian Americans) when hyperglycemia is inadequately controlled despite lifestyle and optimal medical therapy. Metabolic surgery should be considered for adults with type 2 diabetes and BMI 30.0–34.9 kg/m² (27.5–32.4 kg/m² in Asian Americans) if hyperglycemia is inadequately controlled despite optimal medical control by either oral or injectable medications (including insulin)."

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

Recipe Ideas

For the Super Bowl, we highlighted this recipe. Dr. Cottam had it at his Super Bowl party and loved it.

Ingredients

1 English cucumber
Roasted Red Pepper Hummus
Fresh cilantro
tomatoes, sliced
Toasted sesame seed

Instructions

Peel cucumber, leaving strips of peeling on the long side of the cucumber if desired. Slice into 1/4-inch slices.
Spread 1/2 tsp. of hummus on each cucumber slice.
Arrange cilantro leaves on the hummus or sprinkle with chopped cilantro.
Top each slice with a slice of tomato and garnish with a pinch of sesame seed.
Serve immediately.



Weight Loss Success

We love to highlight the amazing success of all our patients. We love seeing and celebrating their weight loss and increased health. Kudos to the following:

Dawna Priano: Down 130 pounds one year after her loop DS
Kailien Vernon: Down 117 pounds one year after her sleeve
Christopher Podborny: Down 92 pounds just three months after his sleeve
Matthew Jackson: Down 150 pounds nine months after his sleeve
Lindsey Dalton: Down 107 pounds nine months after her sleeve
Larry Hatch: Down 198 pounds one year after his loop DS
John Tinnin: Down 230 pounds one year after his sleeve
Rebecca Reagan: Down 135 pounds one year after her loop DS
Bryan Ditty: Down 150 pounds one year after his loop DS
Steve Prosenick: Down 150 pounds since his loop DS
Jennifer Crossman: Down 80 pounds since her sleeve
Ashley Torres: Down 182 pounds two years after her loop DS
Darold Accord: Down 150 pounds since his loop DS
Karon Accord: Down 106 pounds since her loop DS
Amy Hillstead: Down 130 pounds nine months after her sleeve
Karen Noel: Down 100 pounds one year after her loop DS
Cynthia Meyers: Down 100 pounds two years after her loop DS
Jake Vega: Down 200 pounds one year after his loop DS
Eric Collins: Down 163 pounds one year after his loop DS
Maria Juanita Littrell: Down 135 pounds five years after her gastric bypass
William Schulz: Down 200 pounds two year after his loop DS
Daniel Simpson: Down 200 pounds one year after his loop DS
Katheryn Bravo: Down 200 pounds one year after her loop DS
Rebecca Schaffner: Down 110 pounds two years after her sleeve
Julie Mair: Down over 100 pounds seven years after her gastric bypass
Allen Bath: Down 211 pounds one year after his loop DS
Lynn and Alma Shurtleff: Both down over 100 pounds since their loop DS

Weight Loss Tips

We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information about this tip throughout the week. Follow us and get some great advice on little ways to boost your weight loss. Some of our latest tips include,

Eat Protein First!

Don't Eat While Watching TV

You Will Mindlessly Eat Too Much

Avoid Grazing!

Make at Least 30% of Each Meal

Vegetables!

Small Substitutions

Can Make A Big Difference!

Weigh Yourself

Everyday!

Keep A Food Journal!

Don't Believe The Marketing!

READ THE LABEL!

If You Fall Off The Weight Loss Wagon

Get Right Back On And Learn From The Fall!

Take The Stairs

Every Chance You Get!

Limit Your Screen Time!

Progress on City Creek Surgical Center

Construction has begun on the City Creek Surgical Center in the basement of BMI of Utah. We hope this project will allow better care for our patients. Pardon our dust as the work continues.



Many surgeons from around the country continue to visit BMI to learn from Dr. Cottam and Dr. Medlin how to perform the loop duodenal switch.



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

In January Dr. Cottam traveled to Australia to teach surgeons there how to better perform the loop duodenal switch. He was able to work with surgeons in the Gold Coast, Melbourne, and Perth. He discussed techniques with them and proctored them during live cases. He hopes this amazing procedure will now help more people in Australia.



Dr. Medlin and Dr. Richards continue to train third year medical students from the University of Utah. They have helped them with their laparoscopic and robotic skills.



Dr. Medlin continues his visits to our lawmakers to push for better benefits for the obese.



BMI of Utah

1046 East 100 South
Salt Lake City, UT 84102
(801)-746-2885
(800) 381-2058 (fax)
reception@bmiut.com

Aspire, Learn, Teach, Inspire

Find us on the Web:
bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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