

BMI Newsletter

Surgeons We are Training

Dr. Cottam enjoyed teaching and proctoring some surgeons in Arizona. He helped them do their first loop duodenal switch cases. He hopes he was helpful as they begin offering this life changing procedure to their patients!



ASMBS Conference in Washington DC

Dr. Medlin enjoyed his public education committee work during the conference. He and his colleagues are trying to better bariatric healthcare and educate others about the medical needs of those who suffer from the disease of obesity.

Dr. Cottam presented BMI's results and research on the staged sleeve. Hopefully he educated those he taught about the efficacy and economy of performing the loop duodenal switch as a two-stage procedure. We look forward to doing this two-stage procedure at City Creek Surgical Center when it opens.



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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Liz Hawkins is down from a size 22 to a size 14 just six months since her sleeve gastrectomy with Dr. Cottam! She loves to work out in the pool now!

Bonnie is off all insulin and blood pressure medicines 14 months since her loop duodenal switch with Dr. Cottam! She had a history of stage 4 liver fibrosis, secondary to NASH, and no longer requires a liver transplant due to weight loss! She is able to do things she hasn't been able to do in 40 years!

Melissa Anglesey is down 135 pounds since her sleeve gastrectomy with Dr. Medlin 9 months ago!

Gloria King is down 80 pounds one year since her loop duodenal switch! She is also off all of her hypertension medications and loving it!

Brooke Garrett is down 80 pounds only six months since her loop duodenal switch!

Eli Orton has lost 90 pounds just nine months after a sleeve gastrectomy with Dr. Cottam! He and is doing amazing and loves being able to move around more and be more active!

Lisa Brimmer has lost 110 pounds just ten months after her surgery!

Leanne Russell is down 130 pounds 14 months after her sleeve gastrectomy! She has gone from a size 26 to a size 11!

Russel has kept the weight off four years since his Gastric Bypass!

Paul Rick Ward is down 156 pounds four and a half years after his lap band surgery!

Heather Cracroft is down 92 pounds just 6 months since her sleeve gastrectomy with Dr. Medlin!

Amanda Upchurch is down 100 pounds only eight months since her sleeve gastrectomy with Dr. Richards!

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 – Schedule Varies. Dr. Medlin will be there next on Nov.

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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.



Make carbs the topper instead of the base. Rethink the way you use carbs. If you're eating yogurt, instead of putting the granola on the bottom and then topping it with yogurt, fill the cup with yogurt and just top it with a little granola. Or if you're eating a stir fry, fill your plate with the vegetables and meat and put a little brown rice on top. You will still get the taste of the carb, but will eat less of it.



As you choose your dinnerware, remember color and size matters. The more the color of the dish contrasts with the color of your food, the less you will eat. So, don't eat white food on a white plate. Bigger dishes push you to eat more. However, you can use this to your advantage and eat healthy food like salad on a bigger plate which will influence you to eat more.



Replace your regular dairy milk with almond or coconut milk. Cow's milk is higher in calories and carbohydrates, but make sure not to buy almond or coconut milk with sugar added. Give it a try. You might be surprised at how much you like it.



Don't drink fruit juice! Unlike whole fruit, fruit juice contains little to no fiber and is full of sugar and increases insulin resistance and diabetes risk as well as heart disease.

Although it provides some vitamins and minerals, it's no better than sugar-sweetened beverages in terms of sugar and carbs. This is true even for 100% fruit juice. For instance, 12 oz. (354 ml) of 100% apple juice contains 48 grams of carbs, most of which is sugar.

It's best to avoid juice completely. Instead, try flavoring your water by adding a slice of orange or lemon.

Holiday Potluck

Wednesday, December 6 at 6:30 PM

Moreau Building, 1002 East South Temple, SLC, UT

Everyone is welcome! We will be tasting everybody's bariatric friendly, holiday favorites. Old or new patient, come and bring a friend, family member, or anyone you think would enjoy yummy treats, awesome people, and great conversation!



Easy Stir Fry from allrecipes.com

Ingredients

- 1 lb. chicken, beef, or pork cut into bite sized pieces
- 1 tbsp. aromatics, such as garlic, ginger, or shallots (optional)
- 2 lbs. vegetables, cut into bite sized pieces
- 2 tbsp. chopped fresh herbs, such as basil or cilantro (optional)

Basic Stir Fry Sauce

- 1 cup broth
- 2 tbsp. soy sauce
- 1 tbsp. sugar
- 1 tbsp. rice wine vinegar

Directions

1. Set a large wok or frying pan over medium-high heat and allow it to get screaming hot. Swirl in 2 Tablespoons of oil (1 Tablespoon if using a non-stick pan).
2. Add your meat and cook until browned on each side (and cooked through if using chicken or pork).
3. Transfer the densest vegetables (i.e., those that take the longest to cook, such as broccoli, carrots, or bell peppers) into the pan and cook for 1 minute. Remove the browned meat from the pan and set aside on a plate.
4. Add in any quick cooking vegetables (onions, snap peas, etc.) and cook for another minute.
5. Add in any aromatics, if using. Cook for 30 seconds, moving them around the pan constantly to avoid burning.
6. Return the meat to the pan and pour in the sauce. Toss well to coat all of the meat and vegetables. Let cook for one minute until bubbling.
7. Turn the heat off and stir in any fresh herbs, if using.
8. Serve hot with a side of cooked rice or noodles.

Sauce

1. Whisk ingredients together in a medium-bowl.
2. To make a thick glaze (like for Sweet and Sour Chicken), whisk in 1 teaspoon corn starch and let sit for ten minutes before adding to the stir-fry.

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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.

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Aspire, Learn, Teach,
Inspire

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City Creek Surgical

Work is almost done on City Creek Surgical! We can't wait!

