

BMI Newsletter

[Volume 4]

Doctors from around the Country that We Have Been Training

Dr. Cottam enjoyed training doctors from Chicago, Tuscan, Seattle, and San Antonio. He demonstrated the loop duodenal switch (SIPS) and hopes they can implement this remarkable procedure in their own practices.



Recipe Ideas

Caprese Chicken

Ingredients:

- 4 skinless chicken breasts
- kosher salt & freshly ground black pepper
- 2 tablespoons olive oil, divided
- 3 large garlic cloves, minced
- 2 pints cherry tomatoes, halved
- 10 large basil leaves, finely chopped
- 8 oz. fresh buffalo mozzarella, sliced in 1/2-inch-thick slices
- balsamic vinegar, to taste



Directions:

Salt and pepper both sides of the chicken breasts and set aside.

In a large sauté pan over medium-high heat, warm 1 tablespoon olive oil. Add chicken, cover pan, and cook for about 10 minutes. Flip chicken breasts and continue cooking until the chicken is cooked thoroughly (or has reached an internal temp of 165°F).

Remove chicken and place on a plate and cover with foil. Add remaining 1 tablespoon of olive oil to sauté pan. Add garlic and cook for about 1 minute, or until fragrant, scraping up all the little bits of chicken left in the pan.

Add tomatoes and continue sautéing until tomatoes skin starts to soften/wrinkle, about 5 minutes. Stir in basil and quickly place chicken back in pan. Top each chicken breast with 2 slices of mozzarella.

Cover pan with lid and let the mozzarella melt, about 1-2 minutes. Drizzle with a splash of balsamic vinegar and serve immediately!

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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Cortney Aswad is down 91 pounds 6 months after her sleeve gastrectomy with Dr. Medlin!

Jake Allred is down 112 pounds 6 months after his sleeve with Dr. Cottam. He now is training for his next goal- a triathlon!

Mahkai Schmucker is down 98 pounds only 7 months after his sleeve gastrectomy with Dr. Cottam. He has experienced huge improvement with pain in his feet and knees!

Jeannie Oquendo is down 214 pounds after a duodenal switch with Dr. Cottam. She was previously unable to walk more than a couple feet at a time and was nearly wheelchair bound. Now she ambulates with canes!!

Rick Wahlquist is down 150 pounds after his sleeve gastrectomy. Even more importantly, he has maintained it for one year and has really improved his physical and mental health!

Michael Smith is down 100 pounds only 6 months since his sleeve gastrectomy with Dr. Cottam.

Jason Clark is down 151 pounds 7 months after his loop duodenal switch with Dr. Cottam. He joined the 100 pound club at his post-operative 3 month appointment. He is thrilled to be off all his antihypertensives!

Aaron Stevens is down 110 pounds only 6 months after his sleeve gastrectomy!

Michael Campbell is down 160 pounds two years after his loop duodenal switch!

Michele Sholey is down 129 pounds two years after her loop duodenal switch. Three months ago she also had a tummy tuck!

Kenna Sorenson is down 130 pounds one year after her loop duodenal switch!

Paula Ashcroft is down 95 pounds after her sleeve gastrectomy!

Katherine Craigmile is down 100 pounds one year after her loop duodenal switch. She is no longer on oxygen!

Alyssa Lycan is already down 85 pounds only 6 months after her sleeve gastrectomy

The Bariatric Medicine Institute Also Does Medical Weight Loss

Emily Drury, who works in our business office and was motivated by our patients, started a medically supervised weight loss program with our office staff this spring. She is down 22 pounds in 3 months! She loved the support from our excellent staff. Good job, Emily! 😊 BMI does medically supervised weight loss. If you need some help with your weight loss goals, give us a call.



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.

Eat More At Home



Try eating at home as much as you can. Eating out is easy but usually leads to a greater calorie intake and you have less control with what is added to your food.



Instead of eating in front of the TV or standing at the counter, actually sit down at a table and dine. Use a small plate with your planned portion, slow down, and enjoy your food. Make dining a mindful event rather than just wolfing down food without thinking or really enjoying.



Listen to the cues your body gives you that you are full. The more you mindfully pay attention to these cues, the less likely you will be to overeat!

Avocados and the Oils in Them



Avocados and the oils in them are a great addition to a nutritious diet. Whereas most fruit is high in carbs, avocados are loaded with healthy fats. They are particularly high in monounsaturated oleic acid, the same type of fat found in olive oil.

Despite being mostly fat, they also contain a lot of water, so they aren't as energy dense as you may think.

Avocados are perfect as additions to salad, because studies show that the fats in them can increase the nutrient uptake from the vegetables 2.6 to 15-fold. They also contain many important nutrients, including fiber and potassium..

Plan Your Food Choices In Advance!

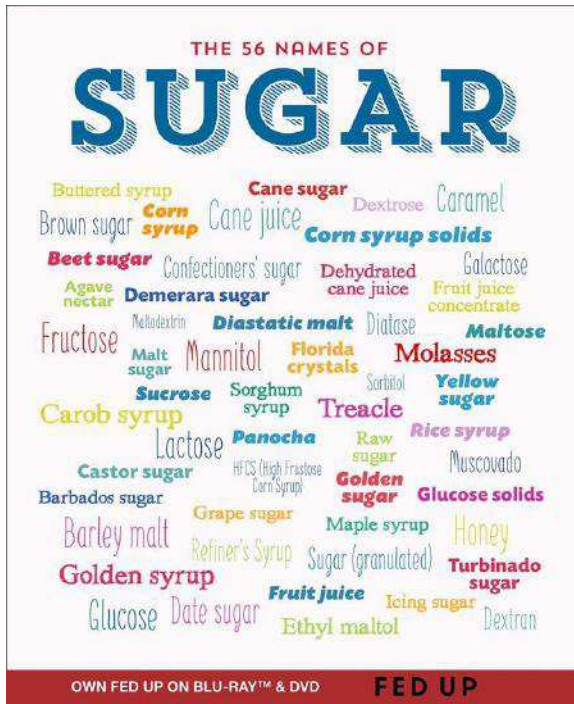


Planning meals ahead of time and writing the plan down can help you stick to your eating plan. We are faced with so many food choices each day, but having a written plan to follow will help you make good choices.

Keep Trigger Foods



Keep trigger foods out of sight. If you must have tempting foods around, try to keep them out of sight. What you can't readily see will tempt you less.



Success for our Research Team

Our doctors and researchers have had another paper published! Amit Surve, Hinali Zaveri, Daniel Cottam, LeGrand Belnap, Walter Medlin, Christina Richards, Austin Cottam, and Samuel Cottam published "A Video Presentation on Technique of Laparoscopic Redo of Stenotic Gastrojejunostomy with Hiatal Hernioplasty and Right Crural Release in a Patient with Previous Roux-en-Y Gastric Bypass" in Surgical Endoscopy.

In a competitive group of submitted abstracts, our researchers were among the few selected for THREE Oral Presentations during the Scientific Sessions at the 34th Annual Meeting of the ASMBS at ObesityWeek 2017. They were also selected for SIX poster presentations. This year there was a record number of submissions, so having six posters selected is outstanding!

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BMI of Utah

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

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Find us on the Web:
bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Dr. Cottam Rides for Diabetes

Dr. Cottam served as the medical director of the American Diabetes Association's Tour de Cure. He also rode in the bike race!

