

BMI Newsletter

Support Groups

We will be holding five online groups this month.

Tracey will do a Facebook Live workout Thursday, April 11 at 7:15 AM MST. She will focus on Pilates.

Andrea will do an Online Support Group on Tuesday, April 16 at 12:15 PM MST. She will discuss tips for meal prep and planning.

Tracey will do a Facebook Live workout Tuesday, April 23 at 7:15 AM MST. She will focus on strengthening the core with a physio ball.

Our PA, Lisa, will do a Q & A Online Support Group on Wednesday, April 24 at noon MST.

Tracey will do an Online Support Group Tuesday, April 30 at noon MST. She will discuss activity vs. structured exercise.

If you are a BMI patient, please join our Facebook online support group to participate in these groups. Look for "BMI Online Support Group" in Facebook groups and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey. The other patients are very helpful, so please join.



Training Surgeons around the Country

Dr. Cottam taught surgeons from Connecticut; the University of Southern California; Las Vegas; Grand Junction, Colorado; and Swedish Hospital in Seattle. They all came to learn about the Loop Duodenal Switch.

Dr. Medlin spoke at Dr Erik Wilson's University of Texas "Surgical Disruptive Technology Summit" in Houston. He talked about Duodenal Switch expert techniques.

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Long Term Weight Loss Success!



Zarella Buttars is only 3 months post op from a Loop Duodenal Switch with Dr. Cottam. She started at 204 and is down to 155!

Lanelle Sanchez had a Loop Duodenal Switch with Dr. Richards one year ago and has lost over 200 pounds!

Christina is 1 year out from a Gastric Bypass with Dr. Richards and is down 78 pounds and looking amazing! She was in third stage kidney and liver failure and now her remaining kidney is 100% and her liver is improving. She is no longer on prediabetic medications or any other medications.

Elizabeth had a Loop Duodenal Switch two years ago and has done so well at BMI! She does not have diabetes anymore and is off her medications. She does great with her follow-ups. We love to see her smiling face. She accomplished doing the Dirty Dash Race last year and has signed up to do four more races this year. She has lost over 150 pounds and looks amazing.

Debra Yates had a Loop Duodenal Switch 1 year ago and has lost 108 pounds. She said that this was the best thing she has done for herself. She feels so good and loves the results.

Chase is 4 Months out from a Sleeve Gastrectomy with Dr. Medlin and is down 119 pounds from his high! He has way more energy and enjoyed a walk down the street to the coffee shop before his latest appointment! He is doing an amazing job!

Carl is 6 months out from his sleeve gastrectomy and has lost over 100 lbs. He is off of his blood pressure medications and has seen vast improvements in his blood sugar. He is consistent with his follow-up visits and is so happy he made the choice to have surgery and improve his health.

Michael Salaz had the Loop Duodenal Switch 5 months ago. He has lost 26 pounds and is off ALL of his diabetes medications. He is exercising and feeling good.

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

Congratulations to our Amazing, Hard-Working Patients!



Bianca

Gina

Bianca is 1 year out from the Sleeve Gastrectomy with Dr. Richards and has lost 98 pounds! Bianca is compliant, motivated, ready to go, always up for suggestions, and gives amazing feedback. Bianca is up to running 28 minutes as she is training for 5k's. She completed a 5k prior to surgery, 3 last summer post op, and has signed up for 6 this summer! Bianca is strong, healthy, and ready for a lifetime of success

Gina had a Loop Duodenal Switch a year ago with Dr. Cottam and has lost 133 pounds.



Shelly

April Cesspooch

Shelly is 1 year out from a Loop Duodenal Switch with Dr. Cottam and is down 105 pounds. She said she's now able to climb stairs!

April Cesspooch has lost 104 pounds since her Loop Duodenal Switch one year ago. Her diabetes is completely gone. She feels great and is grateful to Dr. Cottam and living the dream.

Randy Fullerton had a Sleeve Gastrectomy with Dr. Cottam one year ago and has lost 86 pounds!

Larry Butler had a Sleeve Gastrectomy one year ago and has lost 130 pounds. He is off all of the medications he was on before surgery. His diabetes, high blood pressure, and testosterone levels are all now resolved. He has had to work hard, but the Sleeve provided the motivation and help he needed to finally succeed on his weight loss journey. He now exercises and makes healthy food choices. He is thankful to BMI Utah for this tool which has motivated and guided him.

Debbie Brown had a Loop Duodenal Switch one year ago and is down 68 pounds!

Robin Watson had a Loop Duodenal Switch with Dr. Cottam seven months ago and is doing awesome and is down 93 pounds!



Randy

Fullerton

Larry Butler

Debbie Brown

Robin Watson

MISS CONFERENCE

Dr. Medlin and Dr. Cottam attended MISS (Minimally Invasive Surgical Symposium) in Las Vegas.

In one presentation, Dr. Cottam debated the advantages of the Loop Duodenal Switch (SADI-S) versus the regular Duodenal Switch. He emphasized the Loop Duodenal Switch's amazing diabetes resolution, weight loss, and low complication rates. In another presentation, he discussed outpatient Sleeve Gastrectomies and how to cut costs while still keeping the procedure exceptionally safe. He also participated on a panel that discussed the ethics of new weight loss procedures, and later enjoyed teaching about outpatient Sleeve Gastrectomies with many surgeons at a lunch meeting.

Dr. Medlin participated in a panel of doctors who have had bariatric surgery.



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.



As you spring clean your house, don't forget the pantry. Take the time to reorganize your pantry in a healthy way. Move healthy items to the front at eye level and less healthy items to the back or up high where they will not visually tempt you. Throw out as many unhealthy items as you can.

You likely can't lose weight by just exercising, but you will be much better at maintaining your weight loss if you get into an exercise routine and stick with it! Start somewhere and make it a habit!



Avoid eating added sugar. Many unexpected foods add sugar, so you really have to read labels carefully. Look for the many different names that sugar goes by and the "added sugar" by grams which is on most labels.

Whether it is Coke, juice, coffee, alcohol, or a milkshake, avoid drinking your calories. Juice is just as unhealthy as a Coke and coffee with cream and sugar can be as bad as a milkshake. Water is your best option. Calories in pure liquid form don't fill you up and thus are completely empty calories.

Regular Exercise Is Essential For



Long-term Weight Maintenance!

Whether It Is Coke, Juice, Coffee, Alcohol, or a Milkshake,



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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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BMI Filming

Dr. Cottam and Dr. Medlin performed a surgery that was filmed for an episode of The Doctors. They converted a Sleeve to a Duodenal Switch. We don't know when it will air, but we will keep you posted.