

BMI Newsletter

Support Groups

April 18 @ 6:00 at Davis Hospital Classroom 2, 1600 Antelope Dr., Layton

April 23 @ 5:00 at the Elko County School District Offices, 850 Elm Street

April 26 @ 6:00 in the Moreau Building, 1002 E. South Temple, SLC

The topic is Technology and Weight Loss. Come and discuss ways that technology can help you reach your weight loss goals, bring your favorite apps or websites you use to share!

If you are a BMI patient, please join our Facebook online support group. Look for "BMI Online Support Group" in Facebook groups and ask to join. If you have trouble finding this, message us on Facebook with your email, and we will send you an invitation.

This is an amazing forum to ask questions, voice concerns, celebrate successes, and help others who are on your same journey. The other patients there are very helpful, so please join. **We will also be holding an online support group with Dr. Medlin for members on Monday, April 16 @ 7:00 – 8:00.**

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



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Speaking Around the Country

Dr. Cottam enjoyed speaking about outpatient sleeve gastrectomy at the Minimally Invasive Surgery Conference (MISS) in Las Vegas. He loved sharing his research and learning from and meeting with so many professionals in Bariatric surgery.



Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Larry is 3.5 years out from a loop duodenal switch with Dr. Cottam and has been able to keep his weight off and stay off of insulin!



Vicki McAdams is eight months after her sleeve gastrectomy with Dr. Medlin, and she can now run 3 miles. (She previously couldn't do 3 minutes.) She is down from size 22 to a size 14 and feels great!



Vala Huff is one year after her sleeve gastrectomy and is down 62 pounds! She looks great!



Robert Kruger is eight months after his loop duodenal switch and is down 138 pounds!



Rhia non Ott had a sleeve gastrectomy a year ago and has lost 88 pounds!



Brittanie Hillstead is two years out from her sleeve gastrectomy, and she is down 114 pounds!

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:

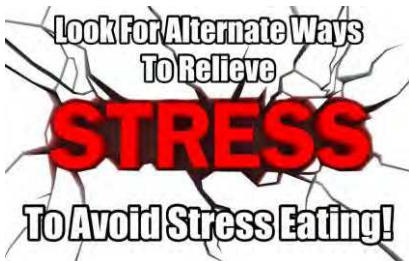
Elko, NV – 1st Thursday and 3rd Monday of each month
 Draper, UT – 1st and 3rd Tuesday afternoon of each month
 Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month
 Rock Springs, WY – 3rd Friday of each month
 Give us a call if you need to schedule an appointment 801-746-2885



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.



As you try to be accountable and mindful about what you eat, keeping a food journal will help. Whether you do it with an app or in a traditional food journal, you tend to eat less and healthier when you have to write down each item you eat.



Getting at least eight hours of sleep has been correlated with lower BMI's and a lower appetite. Sleep helps produce leptin, which helps your body realize you are full sooner. It also leads to lower levels of ghrelin, a hormone that controls appetite.



When you eat, fill up on the healthier food first. The more you fill up on good food like vegetables, fruit, and lean protein, the less you will be tempted by the unhealthy choices.



You can learn to manage your emotions in a way that doesn't involve food. Find another outlet for frustration—whether it's taking a long bath, meditating, getting in a workout, chatting with a friend or another form of healthy stress relief. If you can distract yourself from upsetting feelings or learn to sit with them for a while, you'll probably find they pass more quickly than you'd thought. And, you'll feel better afterward because you'll have avoided another potential source of distress: losing control of your eating.

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.

My Fitness Tracker

General consensus among patients for the best way to keep a food journal was My Fitness Tracker. If you are looking for an app to help you keep track of your intake, you might also give it a try.



CHICKEN ZOODLE SOUP from damndelicious.net

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 4 cups chicken stock
- 1 bay leaf
- 1 pound (3 medium-sized) zucchini, spiralized*
- 2 tablespoons freshly squeezed lemon juice
- 1 sprig rosemary
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.

Add remaining 1 tablespoon oil to the stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme and rosemary until fragrant, about 1 minute.

Whisk in chicken stock, bay leaf and 2 cups water; bring to a boil.

Stir in zucchini noodles and chicken; reduce heat and simmer until zucchini is tender, about 3-5 minutes. Stir in lemon juice; season with salt and pepper, to taste.

Serve immediately, garnished with rosemary and parsley, if desired.

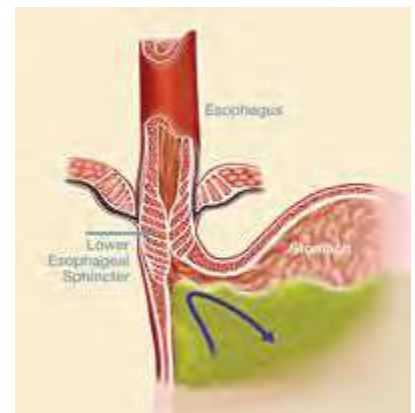


The LINX Procedure and Laparoscopic Nissen Fundoplication

At our Heartburn Care Center, BMI Utah also performs the LINX procedure and the Laparoscopic Nissen Fundoplication. If you or someone you know is suffering from

1. GERD
2. Hiatal hernia is a condition in which the stomach bulges up into the chest through an opening in the diaphragm.
3. Chronic esophagitis (inflammation of esophagus)
4. Failed conservative treatment measures such as medications and lifestyle modification.

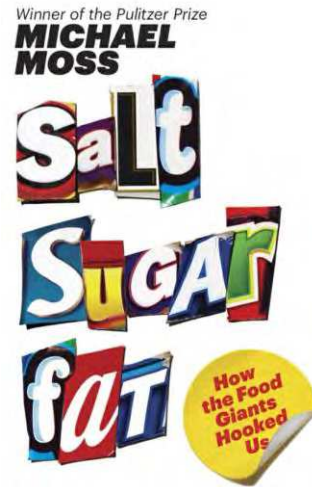
Check out the info on our website or give us a call 801-746-2885
<http://www.bmiut.com/reflux/>



Book Review: Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss

For one more month we will be discussing Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss. This is a fascinating book about how Food Producers use these three ingredients and a lot of science to make us want to eat more of their often-unhealthy products. It is fascinating to read and see how food producers often manipulate our cravings and even our satiety. A few intriguing ideas from chapters 7-12 include:

1. Americans eat on average 33 pounds of cheese each year, up from 11 pounds in 1970. Much of this increase is due to the government's promotion of cheese.
2. Research shows that when people can't see the fat in their food, they eat 10% more.
3. Kraft tried to change their products and limit their fat, sugar, and salt. They also tried to change their marketing to children, but they lost too much market share and eventually reversed this course.
4. Unlike with sugar, people are not born liking salt. So much salt is in processed food that we soon learn a near addiction to salt. In fact, the food industry uses 5 billion pounds of salt each year.
5. When food companies make "line extensions," healthier versions of their unhealthy lines, it usually increases sales of the high sugar and fat versions.



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*Aspire, Learn, Teach,
Inspire*

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