

BMI Newsletter

Support Groups

We will be holding an online support group this month.

**Q & A with Dr. Medlin on Tuesday, Aug. 14
7:00 – 8:00.**

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, 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.



Dr. Cottam Teaches Surgeons from around the Country

Dr. Cottam and Dr. Medlin enjoyed teaching seven doctors around the country and world about the loop duodenal switch (SADI-S).

These doctors were able to watch the surgery and learn about its many life-saving benefits. Dr. Cottam and Dr. Medlin taught doctors from Denver, Phoenix, New Jersey, Orlando, Baylor in Houston, and Costa Rica (Dr. Esmeral pictured). We hope they learned a lot which they can use to help their patients.



Contents

News and Updates	
Upcoming Support Groups	1
Teaching Surgeons	1
Weight Loss Success	2
Featured Research	2
Recipe Idea	3
Book Review	3
Weight Loss Tips	4
More Publications	4

Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Elizabeth Lambie has had quite a journey! Since her Loop Duodenal Switch (SADI-S) she has lost 173 pounds in sixteen months and 437 pounds overall since the beginning of her journey. She says she is now “free to be me.” Read her full, amazing story at

<https://www.facebook.com/BMIUT/posts/1913470662044644>



Kelsey Makris had a Loop Duodenal Switch in 2015 and lost 85 pounds. She is in nursing school and loving life!



Sally Cannon is one year after her Loop Duodenal Switch (SADI-S), and she down 112 pounds!

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.

Research by BMI's Research Team was Featured in *ASC Surgery News*

One of our latest studies was so impressive that *ASC Surgery News* wrote an article about it. “Bismuth Subgallate (Devrom) is a big help with an embarrassing and underappreciated problem after loop duodenal switch: smelly flatulence and stool.” According to the moderator of Dr. Medlin’s presentation, John Morton, MD, chief of bariatric and minimally invasive surgery at Stanford University the study “is an important contribution. Duodenal switch is the most effective [bariatric] operation we do, but a lot of patients aren’t utilizing it because of this concern [about flatulence smell].” This was a double blinded study that showed effectiveness in this inexpensive, over the counter medication. To all of our researchers, keep up the excellent work! Read the full article at

<https://www.mdedge.com/acssurgerynews/article/166445/gastroenterology/bismuth-subgallate-cuts-stool-smell-after-duodenal?channel=348>

Caprese Tomato Salad from cookinglight.com

Ingredients

- 3 cups halved multicolored cherry tomatoes
- 1/8 teaspoon kosher salt
- 1/2 cup fresh basil leaves
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1 ounce diced fresh mozzarella cheese (about 1/3 cup)



Directions

Combine tomatoes and 1/8 tsp. kosher salt in a large bowl. Let stand 5 minutes. Add basil leaves, olive oil, balsamic vinegar, pepper, 1/4 tsp. kosher salt, and mozzarella; toss.

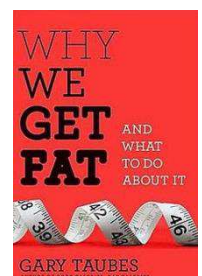
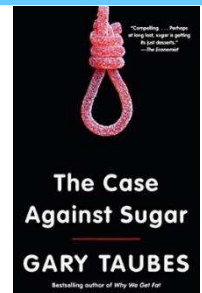
The Case Against Sugar

The remainder of [The Case Against Sugar](#) by Gary Taubes explores many enlightening ideas about sugar and its effects on disease. A few interesting tidbits include:

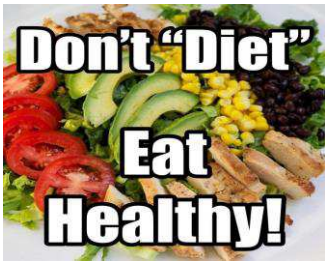
1. Some research shows that insulin resistance actually causes salt sensitivity which then in turn leads to hypertension.
2. The obese and those who suffer from metabolic syndrome and thus are insulin-resistant are far more likely to contract cancer. Insulin and insulin-like growth factor at least cause tumors to multiply more rapidly. Thus, “if the sugars we consume—sucrose and HFCS specifically—cause insulin resistance, then they are prime suspects for causing cancer as well, or at the very least promoting its growth.”
3. Type two diabetics and those with large waist lines are more likely to contract Alzheimer’s disease. Those who are insulin resistant are going to have more vascular damage which in turn leads to greater risk of dementia and Alzheimer’s.

Taubes concludes that “Ultimately and obviously, the question of how much is too much becomes a personal decision, just as we all decide as adults what level of alcohol, caffeine, or cigarettes we’ll ingest. I’ve argued here that enough evidence exists for us to consider sugar very likely to be a toxic substance, and to make an informed decision about how best to balance the likely risks with the benefits.”

We will start another book by Gary Taubes, [Why We Get Fat and What to Do About It](#). We will review this book chapter by chapter each Friday. Anyone who joins the discussion on Facebook, will be entered into a drawing to win a copy of our next book when we finish. Our last winner was Chad Jensen! Congratulations to him and join us each Friday on Facebook and maybe you’ll be our next winner or at least learn something new.



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.



“Diets” don’t tend to work in the long term. In fact, dieting tends to lead to future weight gain. In fact, a predictor of future weight gain is dieting. Instead, focus on eating healthy. Focus on EATING the right kinds of foods and lean proteins and make it a lifestyle change—not a diet.



It is often difficult to find time to exercise. If you struggle fitting exercise into each day, maybe only aim for ten minutes. Grab a quick walk, play some basketball with your kids, take a few laps around the grocery store, or anything that gets you moving. Some exercise is much better than nothing, and even these short bursts can help your health



Every chance you get take the stairs. You can fit in a lot of movement by just walking further from your car, or taking the stairs instead of the elevator, or taking the long way around the store. Find ways every day to fit more steps into your regular routine.



Eating a lot of fruits and vegetables is essential for you weight loss success as well as your health. This time of year, the freshest and tastiest vegetables are available. If you are not growing your own, visit a Farmer’s Market and enjoy nature’s candy.

Fruits and vegetables contain few calories, but a lot of fiber. They are also rich in water, which gives them a low energy density. They also take a while to chew and are very filling. Studies show that people who eat vegetables and fruits tend to weigh less. These foods are also super healthy and nutritious, so eating them is important for all sorts of reasons.

BMI of Utah

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

Aspire, Learn, Teach,
Inspire

Find us on the Web:
www.bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Another Study Accepted for Publication!

Congratulations to our researchers! The paper “The Use of Predictive Markers for the Development of a Model to Predict Weight Loss following Vertical Sleeve Gastrectomy” has been accepted for publication by the journal *Obesity Surgery*

