

# BMI Newsletter

## Support Groups

Dr. Cottam will do an Online Q & A Support Group on Monday, August 10 @ 8:00 PM MST.

Tracey will do Facebook Live workouts Wednesday, August 5 and August 19 @ 7:00 AM MST & an Online Support Group on Monday, August 24 @ noon MST.

Andrea will do a Facebook Live Support Group on Thursday, August 27 @ at 1:00 PM MST.

If you are a BMI patient, please join our Facebook online support group to participate in the online 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.



## Lifetime Recognition

The journal, Obesity Surgery, just published a biography of Dr. Cottam. We are proud of all he has contributed to the field of Bariatric surgery and honored that Obesity Surgery wanted to feature him. If you would like to read it click below.

[https://link.springer.com/article/10.1007/s11695-020-04836-2?utm\\_source=toc&fbclid=IwAR37PypLyK-KnSu63DCHF-4C8aj0aFy4Yy26345LW0mMYA48OdQ-4ljHaxw](https://link.springer.com/article/10.1007/s11695-020-04836-2?utm_source=toc&fbclid=IwAR37PypLyK-KnSu63DCHF-4C8aj0aFy4Yy26345LW0mMYA48OdQ-4ljHaxw)



**Our elective surgery is now resumed. The office is still open from 9-4 M-F, and we can see patients in person or online for both follow-ups and consultations. You can still call 801-746-2885 to schedule these appointments or ask questions.**

# Congratulations!



Dorrie Gibson had a gastric bypass with Dr Richards on June 9, 2014. Dorrie says, "It was the best thing I've ever done for myself! I've lost 135 pounds, and have gone from a size 24/26, to a size 10/12, I even have some clothes that are a size 8!! I love everyone at BMI. They have given me a rebirth of life! I'm able to do things I wasn't able to before due to my weight and size. I'd love to show you some pictures. The first one is me at my heaviest, it was taken at my pre-op appointment at the end of May 2014. The second one was me in June 2015. The third was taken summer of 2019. My skirt is a size 8! I was at BMI for a post-op for excess skin removal surgery by Dr Medlin June 4, 2019. I am so grateful to BMI for their compassion and love of their patients."



David Gossard had surgery 10 months ago and is doing amazing! Here is his story in his own words: "I started my pre op diet Aug. 26, 2019 and had the DS loop on Sept. 9, 2019. My starting weight was 349, and my current weight is 183. I have disposed of 166 pounds. Within 3 weeks of my surgery, I was off my diabetes medication and my sleep apnea machine, and my A1C is at 5.0. I no longer have high blood pressure. I took my measurements monthly, and when I started this journey my pant size was a 52. Currently it is a 36, and my shirt size was a 3X now I wear a large. I am finding it easy to do everyday tasks and getting out of a chair or just walking across the living room is not such a tasking event. I've taken up cycling again!! It has always been a passion of mine, and I am riding 4-5 days a week. I'm currently signed up in the Amerithon challenge to ride 3521 miles, virtually across the US, and my goal is to complete the challenge by Christmas. This has been the best decision I have ever made, and I thank God that Dr. Cottam learned the skills to help me get my life back. This is my favorite quote: 'Nothing is impossible because IM-POSSIBLE.'"

# Way to Go!

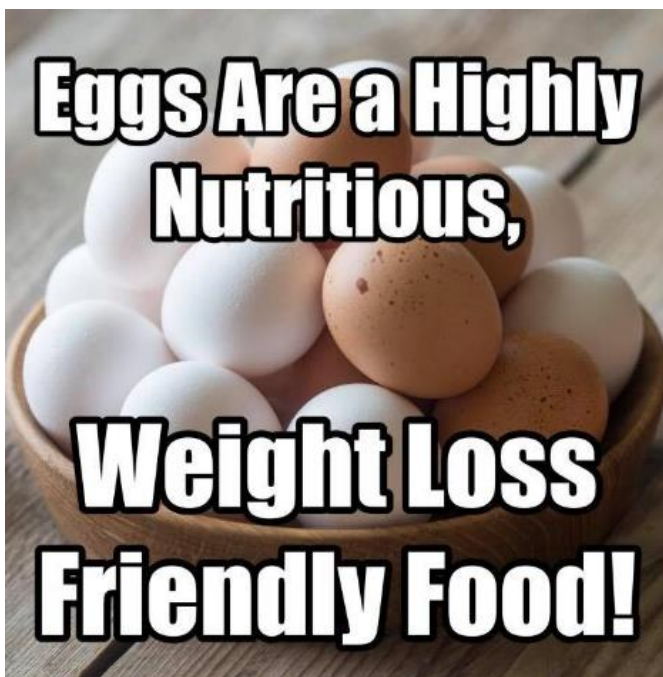


Ashley Marsing had surgery one year ago and is down 150 pounds! She is eating right and has begun to exercise.

If you would like to be featured in our next newsletter, message us on Facebook or email [amycottam@yahoo.com](mailto:amycottam@yahoo.com).

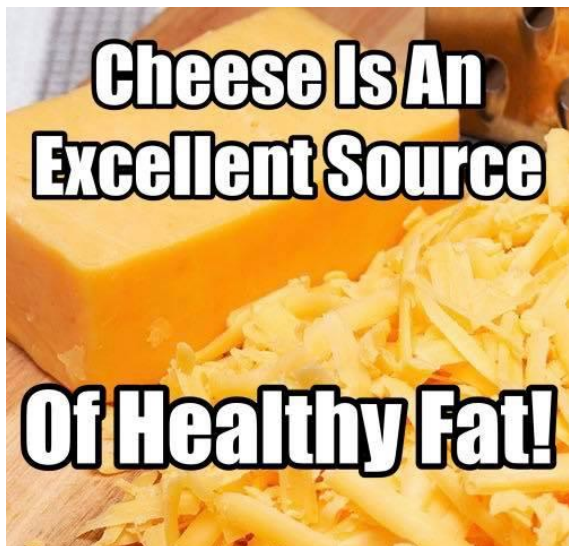
## Weight Loss Tips

Fat is not bad like you have always been taught. Healthy fats can help you stay full, lessen your appetite, and help you cut back on carbs. Below are five excellent sources of fat.



Eggs are one of the most nutrient dense foods on Earth. Many people have not eaten eggs because they are high in cholesterol. Recent studies, however, show that the cholesterol in eggs does not affect the cholesterol in the blood for most people. Eggs contain almost every essential nutrient. They are also extremely high in protein and keep you full longer. In fact, many studies have shown that people who eat eggs for breakfast eat less calories throughout the day. So, despite what you might have previously learned, eggs are a great food for long term weight loss.





Cheese is a nutritious source of healthy fats. It is a great snack food that can keep you full and a great addition to many low carb recipes. Cheese is an excellent source of calcium, vitamin B12, phosphorus and selenium, and contains all sorts of other nutrients. It is also very rich in protein, with a single thick slice of cheese containing 6.7 grams of protein. Cheese contains powerful fatty acids that have been linked to all sorts of benefits, including reduced risk of type 2 diabetes.

One of the healthiest animal products is fatty fish like salmon, trout, mackerel, sardines, and herring. These are loaded with heart-healthy omega-3 fatty acids and high-quality proteins. This healthy fat and protein keep you full longer while being great for your overall health. Studies show that people who eat fish have a lower risk of heart disease, depression, and dementia.

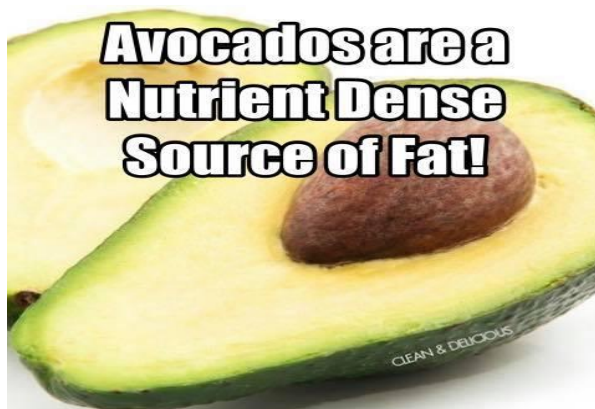


Nuts are an excellent source of healthy fats and protein. Polyunsaturated fats in nuts help reduce fat storage and improve insulin metabolism. Walnuts are one of the lowest carb nuts, and they have more omega-3 fatty acids than any other nut.

Other nuts such as almonds and Macadamia nuts are also good for weight loss. A study from the International Journal of Obesity and Related Metabolic Disorders found that even when two groups of participants ate the same number of calories, the group which had more calories from fatty almonds lost the most weight.

Overall, all nuts are a great source of monounsaturated, polyunsaturated, and omega-3 fats, just in differing amounts.

Avocados are a great source of fat since they are so full of nutrients. They can be used in salads, desserts, smoothies, dips, and baked goods. If you haven't, try adding avocados to your healthy eating plan!



# Cauliflower Mac and Cheese from leaf.nutrisystem.com

## Ingredients:

- 1 head cauliflower, cut into small florets
- 4 oz fat free cream cheese
- ½ cup almond milk
- 2 cups low fat cheddar cheese
- ¼ tsp. garlic powder
- ½ tsp. black pepper



## Directions:

1. Preheat oven to 350 F.
2. In a large pot of boiling water, cook cauliflower for five minutes or until semi-soft.
3. In a separate small pot on Medium-High, whisk together milk and cream cheese.
4. Stir in one and a half cups of cheese, garlic powder and pepper.
5. Pour cheese mixture over cauliflower and mix well.
6. Pour into a baking dish, top with a half cup cheese and bake for 10 minutes.

## BMI of Utah

1046 East 100 South  
Salt Lake City, UT 84102  
(801)-746-2885

[reception@bmiut.com](mailto:reception@bmiut.com)

*Aspire, Learn, Teach, Inspire*

Find us on the Web:

[www.bmiut.com](http://www.bmiut.com)



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