

# BMI UTAH NEWSLETTER

August 2025 801-746-

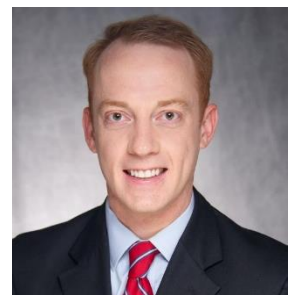
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## Support Groups

Our PA, Madison, will do a Q & A Facebook Live Support Group on **Friday, August 8 @ 9:00 AM MST**. She will be discussing medical weight loss.

Andrea will do a Facebook Live Support Group on **Monday, August 25 @ 1:30 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 answer the questions 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.



## Let Us Celebrate You!

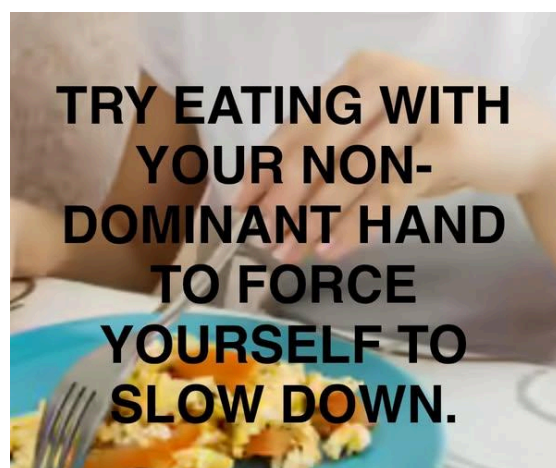
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email [amycottam@yahoo.com](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Weight Loss Tips



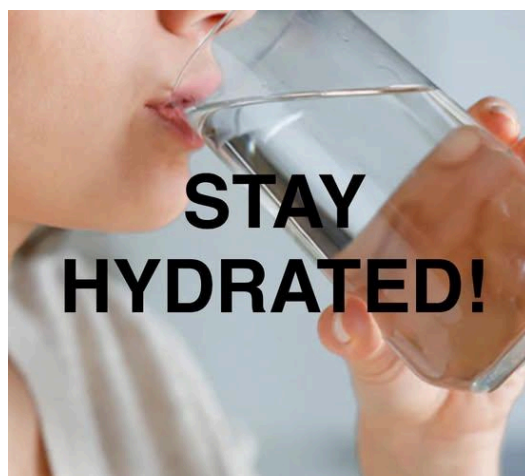
As you start healthy routines, it's okay to start small until you get used to the routine. Just start! Just start exercising, start eating less sugar, start eating more protein and more vegetables—just start. Make a healthy goal and start small and gradually increase your time and focus.

Try eating with your non-dominant hand to force yourself to be more mindful and to slow down. Often when we eat, we do it in a rush and eat more than we probably should. When you eat with your non-dominant hand, you have to slow down and be more mindful.



Visiting a local farmers market is not only a great way of getting outside and enjoying a little exercise, but is a great opportunity to buy a variety of fresh fruits and vegetable for your healthy diet. Fresh produce is so much more delicious that it will be easier to incorporate it into your diet.

Staying hydrated is really important during these hot summer months, and drinking more water can help with weight loss by making you feel fuller and preventing over eating. Often when you're dehydrated, you feel hungry when you're actually thirsty. So if you're having unexplained hunger, try to drink water first.



# Tomato Cucumber Salad

from bariatriceating.com

## Ingredients

2 Cut up ripe tomatoes  
½ Large peeled and sliced cucumber  
Red onion slices to taste  
Salt  
Pepper  
3 Tablespoons olive oil  
1 Tablespoon red wine vinegar  
5-10 diced basil leaves



## Directions

Combine the ingredients and enjoy!

## NEW PROCEDURE OFFERED

Dr. Cottam has heard from many of his patients that they are paying \$12,000 to \$18,000 for a tummy tuck in the Salt Lake Valley. After hearing this, he has decided to again perform tummy tucks in our surgical center because he can do them from between \$6000 and \$8000. Between Dr. Cottam and Dr. Belnap, they have done over 1000 of these procedures in the past and would love to help you out if you're interested. Please call the office at 801-746-2885 to schedule a consultation.