

# BMI Newsletter

## Support Groups

We will be holding five scheduled online groups this month. Also watch out for pop-up workouts and support groups

Dr. Cottam will do a Q&A Online Support Group Monday, Feb. 11 at 7:30 PM MST.

Tracey will do a Facebook Live workout Thursday, Feb. 14 at 7:15 AM MST. She will focus on deep breathing and stretching.

Tracey will do an Online Support Group Thursday, Feb. 14 at noon MST. Be Tracey's Valentine's lunch date as she discusses loving yourself and overcoming negative self-talk, image, and emotions.

Andrea will do an Online Support Group on Tuesday, Feb. 19 at noon MST. She will discuss why fads are not rad.

Tracey will do a Facebook Live workout Thursday, Feb. 21 at noon MST. She will show how to use a physio ball to workout.

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.



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## Dr. Cottam Teaches in California



Dr. Cottam was the keynote speaker for metabolic surgery at the American College of Surgeons Southern California Chapter in Santa Barbara. He presented his research on using the loop duodenal switch as a revisional surgery. He is happy to be sharing his expertise with this life changing procedure.

# Long Term Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



LeAnne Clement is nine months out from her Loop Duodenal Switch and has lost 100 pounds!

Roger is 2 ½ years out from his Loop Duodenal Switch with Dr. Medlin and is down 411 pounds! He weighs less than 1/3 of his starting weight, and is off all his blood pressure and diabetes medications!

Shauna is 9 months out from a Loop Duodenal Switch with Dr. Richards and is down 164 pounds! She follows up regularly with the Dietician, the Exercise Trainer, Dr. Richards, and the PA's to help her reach her goals. She is now able to ride the rides at Lagoon with her kids for the first time since high school!

Lawrie Green is seven months out from her Sleeve Gastrectomy with Dr. Medlin and is down 56 pounds! She is feeling better with her overall health!

Ed Webler had a Loop Duodenal Switch with Dr. Cottam 15 months ago and is doing great! He is consistent with his follow up appointments with the dietitian and trainer, keeps compliant, walks 2.5 miles a day, maintains good dietary habits, and feels great! Ed had his first kidney transplant in 2000 and a second one a few years back. This has changed his life since he is no longer on the transplant list!

Daniel is just 3 Months out from a Sleeve Gastrectomy with Dr. Medlin and is already down 100 pounds!

Ajadawn Clement is one year out from her Loop Duodenal Switch with Dr. Cottam and has lost 77 pounds.

Bruce is one year out from a Loop Duodenal Switch with Dr. Medlin and is down 87 pounds and went from a size 42 to a size 34!

Bruce Burdick is seven months from his Sleeve Gastrectomy with Dr. Richards and has lost 50 pounds! He now keeps up on his bow flex, treadmill, and Tai Chi! He feels great and eats clean!

Jaden is 9 months out from a Sleeve Gastrectomy with Dr. Medlin and is down 122 pounds. He is more active, has started wrestling and weight lifting, and has more energy now. He is doing amazing!

Marissa is down over 70 pounds one year out from a Sleeve Gastrectomy with Dr. Cottam. She is training for a half marathon in September, which is something she never would have been able to do prior to surgery

Laura is seven months from her Loop Duodenal Switch with Dr. Cottam and is down a total of 105 pounds.

## Italian Poached Eggs from foodcoach.me

This recipe is good anytime, but it is great for two weeks after surgery when you can start to eat soft foods.

### INGREDIENTS

16 oz Marinara Sauce lowest sugar available  
 3-4 pieces jarred roasted red pepper, sliced  
 4 eggs  
 pinch each salt and pepper  
 4 leaves fresh basil, torn into small pieces

### INSTRUCTIONS

Heat a large, rimmed skillet to medium high heat.

Add marinara sauce and sliced red peppers.

Use the back of a spoon to make a "well" and crack one egg into the well. Repeat this with the three other eggs.

Sprinkle with salt and pepper.

Let cook for about 12 minutes or until eggs look firm when you shake the pan a bit. (I put a lid over the top for the last 2 minutes).

Remove from heat, sprinkle with torn basil and scoop onto plate or bowl.

### RECIPE NOTES

If prepared as listed above each serving will yield an estimated 8 grams protein, 7 grams carbohydrate and 6 grams fat; although much of the marinara sauce is not eaten and carbohydrate content is likely less than this calculated amount.



*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.*

## Recovering My Life by Carol Adkisson

Each Friday we will cover a chapter of this book which is about one woman's weight loss journey and what she learned along the way. Everyone's experiences are different, but it is interesting to see all her adjustments and feelings as she went through her journey.

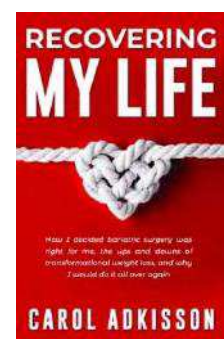
Once Carol got over feeling like a sellout for having the surgery, she became super excited about it, but also very anxious. She was anxious about her child care and wondered if anyone would visit her during her recuperation.

Being addicted to eating, Carol had a hard time with the pre-surgery diet because she was unable to use her regular coping mechanism, eating, to deal with her feelings.

When Carol first got home, she was extremely grumpy, and when her children returned, she was awful and had to send them back to her friend's house. She realized this was because she went off her depression medications without consulting her doctor, which clearly was a mistake. She, however, immediately noticed an increase in energy. She often she did not eat enough protein or drink enough water and consequently felt weak. She obsessed over her double chin, and even after losing 70% of her excess weight, she still felt it looked bad.

Changing sizes so fast was a pocketbook adjustment for her, and she recommends shopping at thrift stores and donating when the weight is coming off fast. Small weight loss plateaus were also frustrating, but she realized that sometimes the body isn't ready to let go of weight. Amazingly she went through many stages of grief as she let go of the person she once was.

We hope you will join us each Friday on Facebook to make comments and share your own journey. Those who share and react to the book will be entered in a drawing for the next book we read.



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.



Sometimes we get stuck in ruts and only cook food the same way every time. If you have a hard time eating enough vegetables, you might be in a rut. Look for new ways to cook your favorite vegetables or try some new vegetables you don't generally eat. Roast, sauté, stir fry, or mix with a healthy sauce—experiment and the variety will make vegetables more exciting!



Using ramekins is a great way to cook and control your portion size. Muffin tins work similarly if you don't want to invest in ramekins. You can also use ramekins to make recipes where you can individualize your portion from those you serve others. For instance, you might use zucchini for your noodles and put regular noodles in the ramekins for the rest of your family.



After surgery, don't ignore follow up with all the professionals at BMI. Sometimes you just need a little help to get back on track or maybe you need the assistance of medical weight loss. We are here to help you be as successful as possible on your weight loss journey.

One of the major benefits to following up is the in-house review of your labs! Lisa is our newest PA and would love to make any recommendations necessary to keep your labs leveled!

Our exercise trainer and wellness coach, Tracey is willing and ready to create and modify any fitness program to help our patients reach their goals.

Even if you live far away, we want to make sure BMI patients are aware that if you live outside the Wasatch Front, we can accommodate you by providing a telephone follow up visit with our Physician Assistants. These visits cost \$50 and are not currently covered by insurance.

Remember to come in and get your vitamins! Andrea can suggest what to take, so you can stay on track with all your nutrients!

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS  
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## Doctors We Are Training



Dr. Cottam and Dr. Medlin loved hosting doctors and their associates from Queens and Long Island, New York and Connecticut. They were here to learn about and watch the loop duodenal switch. We hope they learned a lot about this life saving procedure!