

Support Groups

Our PA, Michelle, will do a Support Group on Friday, Feb. 4 @ 5:30 PM MST. She will do this support group on Zoom and will focus on sharing successes and identifying improvements. The link is <https://us04web.zoom.us/j/6381555077?pwd=Zi9lWlJrbnk1VGJBUVpoV1M3bFc4Zz09>
The meeting ID is 638 155 5077 and the passcode: bmi124

Tracey will do Facebook Live workout on Tuesday, Feb. 8 @ 3:00 PM MST.

Tracey will do a Facebook Live Support Group on Monday, Feb. 14 @ noon MST. The topic will be how to love yourself and instill confidence.

Andrea will do a Facebook Live Support Group on Tuesday, Feb. 22 @ 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.



Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, 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. We love celebrating your successes!

Congratulations!



Melanie Rogers had the Sleeve on July 16, 2020. Her high weight was 242. She is now 127 pounds and feels great. The photos show her last four years with Santa—they really show her transformation! She says she is very happy she had the surgery.

Sharing our Research



Last month Dr. Cottam shared numerous presentations at the ASMBS (American Society of Metabolic and Bariatric Surgery) conference in Las Vegas. Surgeons from around the country gathered to share the latest findings with each other. Dr. Cottam presented his research on the success of the Loop Duodenal Switch (SADI-S) and even debated other surgeons on its greater efficacy. It was wonderful to gather in person again and share the latest techniques and findings.

Weight Loss Tips

Keeping a daily gratitude journal might not sound like a way to lose weight; however, when you focus in on what you are grateful for, you tend to feel less stressed. Our eating habits are connected to our emotions, and stress often leads to reaching for sweets or other unhealthy food. By writing down what you are thankful for each day, you are better able to deal with that stress without turning to food.



To avoid temptation, do not stock junk food in your home. If you buy sugary sodas, chips, sweets, etc., you will likely eat them. Clean out your pantry and get rid of any unhealthy item that tempts you!

As you try to set health goals for the new year, remember to make them SMART--SPECIFIC-Not just goals to lose weight or eat better but rather to eat vegetables and protein first at each meal or to lose a specific amount of weight by a certain day. MEASURABLE-Can you tell daily or weekly that you are succeeding? ACHIEVABLE-Make goals that are reasonable so that you are not discouraged. RELEVANT-Make sure your goals will make a difference for your long-term health. TIMED-Have a time period where you can assess your success and reassess your needs.



Not all processed foods are bad, but they often are full of salt, sugar, and unhealthy fats. Generally, meals in a box are loaded with preservatives, hidden sources of unhealthy fats, salt, and lots of unnecessary sugars. Try cooking with whole food, which can include frozen and canned vegetables. You will eat healthier when you control each ingredient that goes into your food.

Teaching Surgeons from Around the Country

In January Dr. Cottam hosted surgeons from New Mexico, Connecticut, New Jersey, Florida, and Ohio. They came to learn about and observe the Loop Duodenal Switch (SADI-S). A few attended virtually and others came in person. We hope they learned a lot and can implement this life changing procedure into their practices.



Air Fryer Barbecue Meatballs bariatricfoodcoach.com

Ingredients

- 1 lb. 93% lean ground beef
- 1/2 cup reduced fat grated parmesan cheese
- 1/2 cup 2% cheddar cheese shredded
- 1 egg white
- 1 tbsp grill seasoning of choice (ex: Montreal Steak®)
- 1/4 cup barbecue sauce lowest sugar available

Instructions

1. Place all ingredients in a large mixing bowl. Use hands or a potato masher to incorporate well until mixture is well formed.
2. Use a cookie scoop (ice cream scoop or two spoons) to form meatballs together. I recommend small meatballs providing approximately 20 meatballs. Place meatballs in the basket of the air fryer as you go.
3. Turn air fryer to 360 F (182 C) and the time to 14 minutes. Use a spoon to gently turn over meatballs halfway through the cook time. Remove and serve when time is complete.

