

# BMI UTAH NEWSLETTER

July 2025 801-746-2885

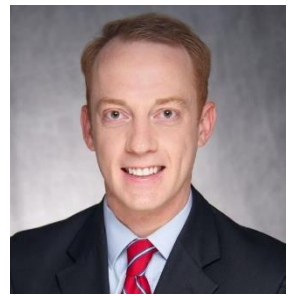
[Volume 98]

## Support Groups

Andrea will do a Facebook Live Support Group on **Monday, July 21 @ 2:30 PM MST.**

Dr. Cottam will do a Q & A Facebook Live Support Group on **Wednesday, July 23 @ 7:00 PM MST.** He will be taking questions about tummy tucks after surgery.

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!

# CONNECTING WITH FELLOW SURGEONS

Dr. Cottam attended the annual ASMBS conference in Washington DC and learned from and connected with bariatric surgeons from around the country. He especially enjoyed reconnecting with his former fellowship director, Dr. Phil Shauer, and another surgeon he trained with at the University of Pittsburgh, Dr. Sunil Sharma. He also spent time with Dr. Mitch Roslin, the doctor who he developed the Loop Duodenal Switch with.



# 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.

Dr. Cottam will be doing a Q and A on the procedure on our BMI Online Support Group on July 23 at 7:00 PM MST if you have further questions.

# Weight Loss Tips



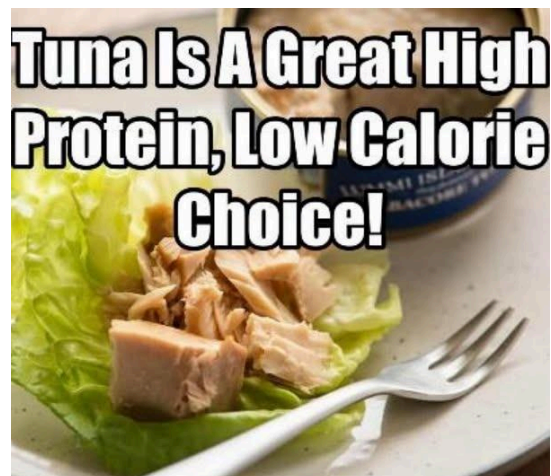
Don't drink your calories. Avoid sugary drinks like juice, soda, and sugary coffees. These drinks add calories, but don't make you feel any fuller. Consequently, they can be easily consumed in excess and are often the reason that weight loss surgeries are less successful.

Look for healthy substitutes for some of your favorite unhealthy foods. For instance, zucchini noodles or spaghetti squash can be substituted for regular noodles, and riced cauliflower or quinoa can be substituted for rice. Lettuce leaves can be a great substitute for breads and wraps, and beet chips or baked apple chips can substituted for potato chips.



Keep tempting junk food out of your home. The easiest place to practice self-control is at the grocery store. If unhealthy food is easily available, you likely will give in and eat it. Don't set yourself up for failure.

Tuna is a great low-calorie, high protein food. It's low in fat and a great way to increase your protein intake while keeping your total calories low. It is also a budget friendly protein option. Make sure to choose tuna canned water, not oil.





# Nonny's Tuna Salad

from [eatingwell.com](http://eatingwell.com)

Miranda Lambert's recipe

## Ingredients

- 4 5-ounce cans tuna packed in water (not oil), drained
- 3 celery sticks, chopped
- 1 apple, chopped
- 1 cup chopped red onion
- 2 hard-boiled large eggs, chopped
- 3 tablespoons sweet pickle relish
- $\frac{3}{4}$  cup mayonnaise
- Spicy mustard (optional)
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper



## Directions

1. Place 5 ounces tuna in a medium bowl and break into chunks with a fork. Add celery, apple, onion, eggs and 3 tablespoons pickle relish and mix well. Add  $\frac{3}{4}$  cup mayonnaise, mustard to taste (if using), 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper; stir to combine.
2. Cover and refrigerate tuna salad for 1 hour, then enjoy. It's always good with party crackers, celery sticks, or in a good old-fashioned tuna sandwich.