

BMI Newsletter

Upcoming Support Groups

We will be holding two online support groups this month.

Q & A with Dr. Cottam on Wednesday, June 20 @ 8:00 – 9:00.

Q & A with our PA, Madison, on Monday June 25 @ 6:00-7:00

If you are a BMI patient, please join our Facebook online support group. Look for "BMI Online Support Group" in Facebook groups and ask to join. If you have trouble finding this, message us on Facebook with your email, and we will send you an invitation.

This is an amazing forum to ask questions, voice concerns, celebrate successes, and help others who are on your same journey. The other patients are very helpful, so please join.

Please check our Facebook Page and our website at www.bmiut.com under the seminar tabs for any updates 😊



Dr. Cottam Presents and Proctors in Australia!

Dr. Cottam traveled to Australia to speak to surgeons at the University of Western Australia in Perth and at two conferences in Sydney: the Royal Australian College of Surgeons National Conference and the Australia New Zealand Loop Bypass Symposium. He mainly spoke about the loop duodenal switch and how it has nearly no ulcers and internal hernias, unlike the gastric bypass, yet resolves diabetes better with similar weight loss results. He shared his mathematical model that predicts which patients will be successful with the sleeve and which patients will benefit from a loop duodenal switch instead. He also gave a talk about obesity surgery in the elderly. After the conferences, he traveled around Australia where he visited and observed Dr. Jason Free in the Gold Coast, Dr. Anthony Cluff and his associates in Melbourne, Dr. Basson, Dr. Rao, and Dr. Leon Cohen, Dr. Ariv Valivhoy, and Dr. Krishna Epari in Perth. He proctored them on the Loop Duodenal Switch (SADI-S). Hopefully they will begin offering this life changing procedure to their patients.



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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Rick Preston has been diabetic since 2001, and just two months after his loop duodenal switch, his diabetes is resolved!

Echo Skinner, six months after her sleeve gastrectomy, is down to BMI of 24!

Steven Schlesinger is down from a high of 460 pounds to 223 pounds—an amazing 237 pounds. He had a loop duodenal switch only one year ago and has lost more than half of himself!



Rachael Hylton, one year after her sleeve gastrectomy, is down 85 pounds!

Diana Serna, one year since her sleeve gastrectomy, is down 86 pounds!

Green Bobbie Shiurek, six months after her sleeve gastrectomy, is already down 72 pounds!

Jason Brinkerhoff is down 100 pounds one year after his sleeve gastrectomy!

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.

New Incentive Opportunities!

BMI Referral Program

Any patients that refer someone for surgery will receive \$50 in product credit from the Salt Lake BMI Office. When referring someone, you will need to make sure that person mentions your name as the referring patient when they schedule their first appointment. A note will be made in the system for that patient. After they have surgery, you may come in and mention the person you referred. Our front desk receptionist will look in that patient's record to see if a note states your name for the referral. We will then allow you to purchase product and credit you \$50.00 towards your purchase. Note this only applies to patients that have bariatric surgery.

Video Testimonial Program

We also have a video testimonial program. If you would like to provide us with a video testimonial, we will record that at the Salt Lake BMI Office and provide you with a certificate towards \$50.00 of product. In order to provide a testimonial, we will ask you to sign a waiver form which allows us to utilize the video for the purpose of advertising. Note that after we record many testimonials, we may inform those inquiring that we currently are not recording at this time.

Steak and Vegetable Kabobs from Insidekarenskitchen.com

1/4 cup packed brown sugar (use brown sugar-Splenda instead of brown sugar)
 1/4 cup lemon juice
 1/4 cup canola oil
 1/4 cup reduced-sodium soy sauce
 2 garlic cloves, minced
 3 whole cloves
 2 Tbsp chopped fresh basil leaves
 1 Tbsp Italian seasoning 1/2 tsp fresh ground black pepper
 1-pound beef top sirloin steak, cut into 1-1/4-inch pieces
 12 cherry tomatoes
 12 large fresh mushrooms
 1 large green or orange bell pepper, cut into 1-1/2-inch cubes
 2 small zucchini squash, cut into 1-inch slices
 1 medium onion, cut into wedges



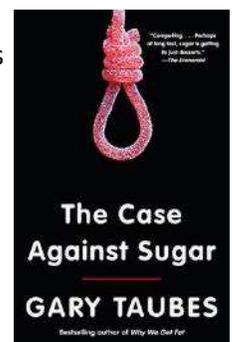
1. Combine brown sugar, lemon juice, canola oil, soy sauce, garlic, basil and seasonings in a large bowl, whisking to combine; set aside.
2. Thread meat and vegetables alternately on metal or soaked wooden skewers.
3. Place in a large glass dish. Pour marinade over kabobs; cover and refrigerate for up to 8 hours, turning several times. Discard cloves.
4. Prepare grill by preheating to medium-high heat.
5. Place kabobs on prepared grill and cook until the meat reaches desired doneness and vegetables are tender.

Notes: *Prep time includes at least two hours of marinating.

The Case Against Sugar

Chapters 1-4 of The Case Against Sugar by Grey Taubes explores many enlightening ideas about sugar and its effects on disease. A few interesting tidbits include:

1. Sugar is tied to the increase in consumption of other “drugs” since tea, coffee, and chocolate did not become popular until the masses could sweeten them with sugar. Even Coca Cola (originally a mixture of cocaine and caffeine) derived much of its pleasure from sugar since its popularity did not decrease when the cocaine was removed. Cigarettes only became popular after the leaves were cured in sugar.
2. The slave trade was largely driven by sugar. This was true in the Mediterranean as well as in the New World. Two-thirds of all slaves worked and died growing and refining sugar.
3. Overall sugar is “depression-proof.” In fact, “annual per capita sugar consumption in the depth of the Great Depression was sixteen pounds higher than it had been in 1920.”
4. Sugar became “the first agricultural commodity to be shipped in commercial quantities from the New World to the Old.” Sugar was like oil in the twentieth century. It was referred to as King Sugar or white gold



We review this book chapter by chapter each Friday. Anyone who joins the discussion on Facebook, will be entered into a drawing to win a copy of Taube’s other fascinating book, Why We Get Fat and What to Do About It. The drawing will be held on July 27th.

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.



Avoid sugar in all forms. Look at food labels and learn all of sugar's names. Calculate the percentage of sugar in products. You might be surprised at how much is in some products. The processed food industry adds copious amounts of sugar to almost all foods. To stay away from it, you must be diligent. Going cold turkey on sugar isn't realistic for most people. Cut back slowly. If you normally put two packets of sugar in your coffee, for instance, try one for a week, then half, and finally add only a splash of milk. For your yogurt, mix half a serving of sweetened yogurt with half a serving of plain, and eventually move on to adding natural sweetness with fresh fruit. Taking these small steps allows your tastes to adjust.



When you are offered unhealthful food choices, don't be afraid to say, "No!" People often want to bake for you and offer you treats. It is hard to be rude and say no, especially to something that looks so tempting, but practice tactful ways to say no and hopefully explain why you can't indulge, so these same people won't keep offering you temptation



Be careful with constant snacking. Grazing can undermine your surgery quickly. Avoid having unhealthy snack foods around you. For times you must snack, make sure you have healthy choices like jerky, cheese, carrots, or snap peas available. Look for snacking triggers. Are there times of the day when you want to snack regardless of hunger? Identifying consistent triggers is the first step to avoiding them.



Eat your protein first. Then eat vegetables. Only after that should you eat carbs and try to limit these carbs to fruits and healthy grains. Avoid white flour, sugars, and processed foods. This order will fill you up and keep you full longer. It will also better regulate your blood sugar levels.

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*Aspire, Learn, Teach,
Inspire*

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Dr. Cottam Presents to the Chicago Bariatric Surgeons Association!

Dr. Cottam enjoyed presenting at the Chicago Bariatric Surgeons Association. He was able to present his research showing the great success of the loop duodenal switch (SADI-S), especially its wonderful diabetes resolution rate.

