

BMI Newsletter

Support Groups

We will be holding six groups this month.

Dr. Cottam will do an Online Support Group on Monday, June 10 at 7:00 PM MST.

Tracey will do a Facebook Live workout Thursday, June 13 at 7:15 AM MST.

Andrea & Tracey will be holding "Back on Track Classes" all summer. June's classes will be Thursday June 20 and 27 at 1:30 PM MST in our Main BMI Clinic. Patients have to go to the website to sign up.

Tracey will do a Live workout Thursday, June 20 at 7:15 AM MST at Liberty Park.

Tracey will do a Live workout Thursday, June 27 at 7:15 AM MST in Lehi (location TBA).

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. Please join.



Contents

News and Updates	
Support Groups	1
Surgeon Training	1
Weight Loss Success	2
Recipes	3
Our Psychologist	3
Weight Loss Tips	4
Back on Track	4

Surgeons We Are Training

Dr. Cottam enjoyed teaching surgeons from New Jersey, North Carolina, and Kansas. They came to learn about and watch the loop duodenal switch (SADI-S). We hope they learned a lot which they will use to better serve their patients with this life changing procedure.



Long Term Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



David Harris is rocking it after a Sleeve Gastrectomy at our City Creek Surgical Center with Dr. Cottam. David started at 316.2 and is 205.7 today. 110.5 pounds lost! Wow!

Melanie Beynon had a Sleeve Gastrectomy and hiatal hernia repair with Dr. Richards one year ago and is doing amazing!

Dannie Taylor is doing amazing just five months after her Loop Duodenal Switch with Dr. Cottam



Don is 3 years out from a Sleeve Gastrectomy with Dr. Medlin and is down 160 pounds. He has done a great job keeping his weight off and still comes in for follow ups a few times a year!



Lynette is just 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is already down 87 pounds from her Pre Op weight! She has done an amazing job, and Madison, Andrea, Tracey, and all of us at BMI Utah can't wait to see her one year mark!

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.

Baked Salmon in Foil from wellplated.com

Ingredients

- 2 pound side of salmon — *boneless (skin on or off)*
- 5 sprigs fresh rosemary — *or fresh herbs of your choice*
- 2 small lemons — *divided, plus extra for serving as desired*
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 cloves garlic — *peeled and roughly chopped*
- Additional chopped fresh herbs — *such as basil, thyme, parsley, dill, or green onion (optional)*



Instructions

1. Remove the salmon from the refrigerator and let stand at room temperature for 10 minutes while you prepare the other ingredients. Heat oven to 375 degrees F. Line a large baking dish or rimmed baking sheet with a large piece of aluminum foil.
2. Lightly coat the foil with baking spray, then arrange 2 sprigs of the rosemary down the middle. Cut one of the lemons into thin slices and arrange half the slices down the middle with the rosemary. Place the salmon on top.
3. Drizzle the salmon with the olive oil and sprinkle with the salt and pepper. Rub to coat, then scatter the garlic cloves over the top. Lay the remaining rosemary and lemon slices on top of the salmon. Juice the second lemon, then pour the juice over the top.
4. Fold the sides of the aluminum foil up and over the top of the salmon until it is completely enclosed. If your piece of foil is not large enough, place a second piece on top and fold the edges under so that it forms a sealed packet. Leave a little room inside the foil for air to circulate.
5. Bake the salmon for 15-20 minutes, until the salmon is almost completely cooked through at the thickest part. The cooking time will vary based on the thickness of your salmon. If your side is thinner (around 1-inch thick) check several minutes early to ensure your salmon does not overcook. If your piece is very thick (1 1/2 inches or more), it may need longer.
6. Remove the salmon from the oven and carefully open the foil so that the top of the fish is completely uncovered (be careful of hot steam). Change the oven setting to broil, then return the fish to the oven and broil for 3 minutes, until the top of the salmon and the garlic are slightly golden and the fish is cooked through. Watch the salmon closely as it broils to make sure it doesn't overcook and the garlic does not burn. Remove the salmon from the oven. If it still appears a bit underdone, you can wrap the foil back over the top and let it rest for a few minutes. Do not let it sit too long—salmon can progress from "not done" to "over done" very quickly. As soon as it flakes easily with a fork, it's ready.
7. To serve, cut the salmon into portions. Sprinkle with additional fresh herbs or top with an extra squeeze of lemon as desired.

If you are struggling to find a provider for your [psychology evaluation](#), we have a psychologist, Tanya Colledge, who works out of our office.

Tanya is always happy to see these patients if needed and happy to work out convenient visits for them.

The fee for the visit is \$250 and includes the visit, testing, test scoring, and report writing. She usually has visits available within the same week and can have reports back in a very short timeframe versus 6 to 8 weeks with an outside provider.

While she does not bill insurance for those visits, she does provide a claim form if they want to submit to their own insurance for reimbursement. We also accept flex spending and health savings accounts for payments.

If you need more information, let her know. Her schedule is usually pulled up so the office staff can schedule on the days she is in her Salt Lake or Ogden office, but she also has an office in Lehi for Utah County patients.

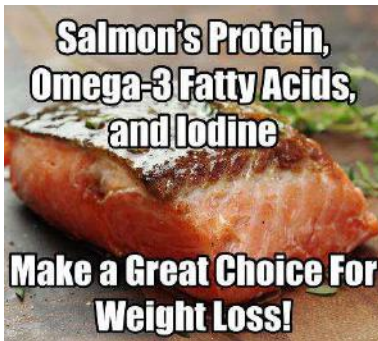
If you need to make an appointment with Tanya Colledge, give BMI a call 801-746-2885.

Weight Loss Tips



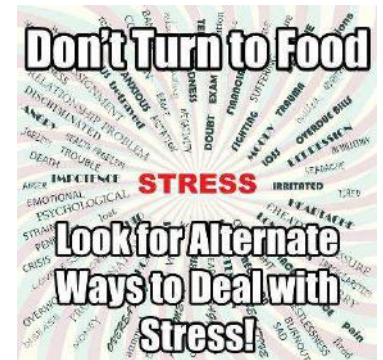
You want to avoid using sugar to sweeten foods and beverages especially when you are trying to keep your carbs low. One tablespoon of white or brown sugar has 12 grams of carbs in the form of sucrose, which is 50% fructose and 50% glucose. Although honey may sound healthier, it's even higher in carbs. One tablespoon contains 17 grams of carbs, with roughly the same percentage of fructose and glucose as sugar. Learning to enjoy the natural flavor of foods without adding any sweetener is ultimately best. The longer that you cut out all sugar, the less you will crave it. However, if you can't give up sweetness, artificial sweeteners are better than sugar, but try to use them sparingly. Using low-calorie sugar alternatives can help you keep your carb intake low without giving up sweetness altogether.

If you take the time to prepare healthy snacks that you can grab on the go, you will be less likely to indulge in junk food. Have vegetables cut up and ready to eat. Have some in baggies or small containers that you can grab as easy as a bag of chips. Containers filled with healthy protein and vegetables are great for quick lunches. Plan a time to cut and prepare food each week. This planning and preparing will help you resist temptation when you are hungry and in a hurry!



Fatty fish like salmon is incredibly healthy and very satisfying, keeping you full for many hours with relatively few calories. Salmon is high in both protein and omega-3 fatty acids, making it a good choice for a healthy weight loss diet. The protein keeps you full, and the omega-3 fatty acids help reduce inflammation, which is known to play a major role in obesity and metabolic disease. Salmon supplies a significant amount of iodine. Iodine is necessary for proper thyroid function, which is important to keep your metabolism running at its best. So, if you don't regularly eat salmon, give it a try.

You can learn to manage your emotions in a way that doesn't involve food. Find another outlet for frustration-whether it's taking a long bath, meditating, getting in a workout, chatting with a friend or another form of healthy stress relief. If you can distract yourself from upsetting feelings or learn to sit with them for a while, you'll probably find they pass more quickly than you'd thought. And, you'll feel better afterward because you'll have avoided another potential source of distress: losing control of your eating.



BMI of Utah

1046 East 100 South
Salt Lake City, UT 84102
(801)-746-2885
reception@bmiut.com
Aspire, Learn, Teach, Inspire
Find us on the Web:
www.bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
ASPIRE. LEARN. TEACH. INSPIRE.

Summer of Strength Program

Join Andrea and Tracey to strengthen yourself mentally, emotionally, and physically this summer! Sign-up for any of the *Back on Track* classes or *In-Person* workouts!

<p style="text-align: center;">Back on Track Class</p> <ul style="list-style-type: none"> ▶ Are you struggling to keep yourself on track with your goals? ▶ Do you need help getting back on track? ▶ Sign-up for any of our Back on Track Classes! ▶ Topics include: Metabolism, Meal Planning, Breaking Down Emotional Barriers with Eating, Fitting Exercise into Your Day, Meditation, and More!! 	<p style="text-align: center;">Workouts</p> <ul style="list-style-type: none"> ▶ Wanting to start an exercise routine, but need a workout buddy? ▶ Come join us for a group workout! ▶ Workouts will be most Thursdays throughout the summer. ▶ Look for locations in Salt Lake, Davis, and Utah Counties! ▶ Workouts include: Metabolic Boosters, Walking Programs, Pilates, and More!
--	---

Come get your strength on starting June 13th!

Go to www.bmiut.com to sign-up!