

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. Medlin will do a Q&A Online Support Group Thursday, March 14 at 7:00 PM MST. He will discuss reflux, heartburn, and abdominal pain.

Tracey will do a Facebook Live workout Thursday, March 14 at 7:15 AM MST. She will focus on HIIT Circuits.

Tracey will do an Online Support Group Thursday, March 21 at noon MST. She will help you spring into a healthy metabolism.

Andrea & Tracey will do an Online Support Group on Tuesday, March 26 at noon MST. They will discuss common misconceptions after weight loss surgery.

Tracey & Andrea will stream live from the grocery store on Thursday, March 28 at 12:30 PM MST. They will focus on label reading.

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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Training Surgeons from around the Country



Dr. Cottam and Dr. Medlin enjoyed teaching surgeons from Chicago, Denver, and Milwaukee. These doctors were able to attend training and watch numerous cases. Hopefully they learned a lot about the Loop Duodenal Switch and will be able to implement this life changing procedure in their practices!

Long Term Weight Loss Success!



Toni Boyer had a Sleeve Gastrectomy in 2016 and has lost over 86 pounds and has kept it off! She has bought new clothes and cut and colored her hair and feels great!

Eric Paradee had a Sleeve Gastrectomy in June and then the Duodenal Switch in December and is down 306 pounds! He is off all his blood pressure medicine and is very happy.

Mariann is 1 Year out from a Sleeve Gastrectomy with Dr. Richards and is down 87 pounds and doing great! She is now able to bend over, which she wasn't able to do prior to surgery. She has a higher self-esteem and is feeling better physically.

Amanda is 1 year out from a Sleeve Gastrectomy with Dr. Richards and is down 65 pounds! She is looking amazing!

Dan Wilber had a lap band done in 2007 at another institution. It worked at first and he lost over 100 pounds, but he eventually gained the weight back, so in October 2018 he came to BMI Utah and had a Sleeve Gastrectomy. He started at 577 pounds and has lost 128 pounds. He plans to add the Duodenal Switch after he has lost as much weight as possible with the Sleeve. He is very happy with his progress and with his decision.

Barbara Hastings had a Sleeve Gastrectomy a year ago and is down 75 pounds.

Maryjane Ekstrom had a Sleeve Gastrectomy 18 months ago and is down 75 pounds.

David had a Loop Duodenal Switch one year ago with Dr. Cottam and has lost 140 pounds! He is super healthy with a lot more energy and is now able to buy fashionable clothes!

Treana Williams had a Sleeve Gastrectomy with Dr. Richards one year ago and has lost 60 pounds!

Elizabeth is 1 year out from a Sleeve Gastrectomy with Dr. Medlin and is down 100 pounds! She says she can exercise without dying now and has way more energy! She has more fun, and can shop at regular stores now instead of the plus size stores! Elizabeth has done an amazing job!

Jean Pearce had a Loop Duodenal Switch one year ago and is doing amazing!

Mario Wood is only 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is already down 100 pounds! He swims and walks daily, does stretches, and can now touch his toes and tie his shoes! He comes in every 4 weeks for his appointments with Andrea and Tracey!

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.

Congratulations to our Amazing, Hard-Working Patients!



Dorrie had a Gastric Bypass with Dr. Richards in 2014 and lost over 110 pounds and has kept it off! She has done amazing!

Ben is 1 year out from a Sleeve Gastrectomy with Dr. Cottam and is down 80 pounds!

Darby is 9 months out from a Loop Duodenal Switch with Dr. Cottam and has lost 159 pounds. She is feeling more confident and healthier and can stand longer. She had fun shopping for swim suits and went to Hawaii! She is going to Las Vegas next.

Sandy Coleman had surgery on February 27, 2018. On December 16th she reached the goal she had set to weigh 175 pounds. Not only has she lost tons of weight, but she has more energy, is off all of her medications, and climbed her first mountain!

Jessica Tovar had a Loop Duodenal Switch with Dr. Cottam one year ago and is consistently losing and doing great. She is dedicated to following up with diet and exercise every month, and her hard work shows.

Laken Conger had a Sleeve Gastrectomy with Dr. Richards six months ago and is doing amazing. She is consistent with diet and exercise appointments and says, "Trust your stomach, don't push limits too soon, and if you take a bit and you don't love it, don't do it!"

Darold Acard had a band removal converted to a Loop Duodenal Switch, and he is still doing well and feeling great!

Marcie Suchow is down 100 pounds since her Sleeve Gastrectomy!

Simple Chicken Salad | Low Carb Chicken Salad from twosleevers.com

Ingredients

- 4 cups cooked chicken breast
- 1/3 cup mayonnaise
- 1 cup celery thinly sliced
- 1/4 cup almonds sliced
- 1 teaspoon salt
- 1-2 teaspoons pepper

Nutrition facts per serving

236kcal | Fat: 14g | Saturated fat: 2g | Cholesterol: 69mg
Sodium: 596mg | Potassium: 455mg | Carbohydrates: 2g
Fiber: 1g | Protein: 22g | Vitamin A: 2.1% | Vitamin C: 2.1%
Calcium: 2.7% | Iron: 3.7%

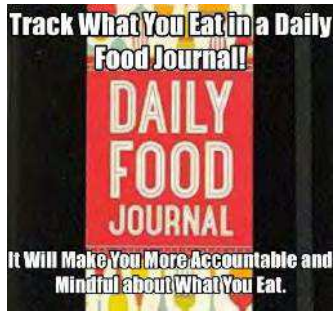
Instructions

1. Place cooked chicken meat in your Kitchenaid or other stand mixer. Use the paddle to shred the chicken. Do not skip this step! This is the key to why this salad is very creamy, moist, and just delicious. You can do this by pulsing in a food processor as well. This step is critical to finely shredding the chicken
2. Mix in everything into the chicken, and eat.

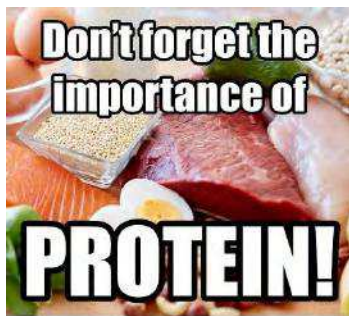
We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



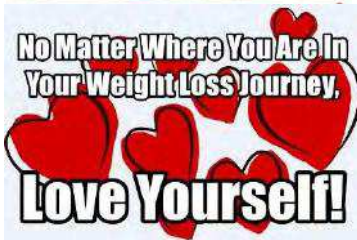
The grocery store is full of temptations. The best way to avoid this temptation is to have a list of the healthy food you are going to buy and stick to it. Make sure that list has plenty of fresh vegetables and protein on it, and generally avoid the aisles and focus on the perimeter where more of the whole foods are. Patients have also suggested ordering online if the temptation is too much.



Keeping track of what you eat every day in a food journal or on a tracking app will make you much more accountable and mindful about what you eat. There are many apps that are helpful as well as food journals you can buy. The record can also be helpful when you come in for follow up appointments. Patients recommend My Fitness Pal, Baritastic, Lose It, and My New Diary.



Remember to eat enough protein. Most patients need 60-80 grams of protein daily, but some may require more depending on their individual needs and surgery type. Protein will help you feel full longer. If you try to include proteins in each meal or snack, you're less likely to feel hungry when it's not time to eat. The body needs additional protein during the period of rapid weight loss to maintain your muscle mass. Protein is also required to have a healthy metabolism. If you don't eat enough protein in your diet, the body will take its protein from your muscles and you can become weak. Also when eating all this protein, remember to keep your fluid intake high to avoid dehydration.



Overweight, losing weight, stalled—none of it should matter to your self-worth. Your weight does not define you. Society can make you feel worthless when you aren't skinny, but you must fight against these destructive feelings. Obesity is a disease and should not define you any more than any other disease would define you. You are fighting for your health and you are amazing!

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Inspire*

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Doctors We Are Training



Dr. Cottam spoke at the University of Southern California Revision of Bariatric Surgery course in Pasadena, California. He was able to give eight presentations. He spoke about staging duodenal switches and Sleeve failures.