

# BMI UTAH NEWSLETTER

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[Volume 70]

## Support Groups

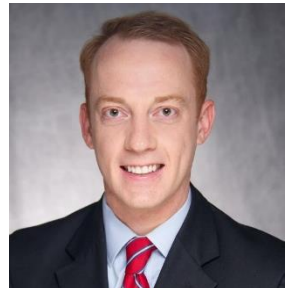
Tracey will do Facebook Live workout on **Monday, March 6 @ 3:00 PM MST.**

Andrea will do a Facebook Live Support Group on **Thursday, March 9 @ 1:00 PM MST.**

Dr. Cottam will do a Q&A support group on **Monday, March 13 @ 7:00 PM MST.**

Tracey will do a Facebook Live Support Group on **Monday, March 20 @ 11:30 AM 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.



## Visiting Surgeons

Last month Dr. Cottam hosted surgeons from Houston, Los Angeles, Sioux Falls, and Seattle one week and a surgeon from Cleveland, Ohio another week. They all came to learn about and observe the Loop Duodenal Switch. We hope they learned a lot and can implement this life changing procedure in their practices.



## 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!



**Congratulations** to Karen Matthes! She is doing amazing 6 1/2 years after a Sleeve Gastrectomy. This is her story in her own words: "I am a patient of Dr Medlin at BMI. I'm still receiving your emails and I appreciate the helpful tips and recipes. I had bariatric surgery in the summer of 2016. I had the vertical sleeve done. Prior to that I had struggled with weight all of my adult life and even more so after the birth of my daughter 19 years ago. My highest weight was 280 - before surgery I believe it was 250. I tried everything from increasing cardio, and a variation of fad diets including the "lemonade diet" where you don't eat for a week which looking back, I am sure was unhealthy. After the surgery I noticed my appetite changed for the better and I was craving healthier plant-based foods. 7 years post op I am still routinely incorporating protein like olive oil and avocado, and I try to eat eggs or fish nearly every day. I am so grateful for what this surgery has done in improving my health and life. I have more energy to keep up with my rambunctious three and one year old little girls and even after having these two precious babies my weight is still what it was before pregnancy which is amazing to me that I could look and feel this great so early on postpartum. Today I am sitting at a healthy weight of around 130 so I have managed to keep off 120 pounds. Thank you so much for what you have given me which is the gift of health and an opportunity to love life (and clothes shopping) again."

# Way to Go!

Denise and Scott Stears both had the Loop Duodenal Switch and are doing amazing! This is their story in Denise's words: "My husband and I both had the DS surgery, performed by Dr. Cottam, together on the same day, August 31st, 2021. Scott started out at 487 pounds, and I was 260 pounds. A year later, Scott is now 270. I now weigh 145 pounds. This surgery has been life changing to both of us. All of our health problems have gone away. Scott was diabetic, had high blood pressure, sleep apnea, and his legs would swell and retain water. He no longer has these health problems. He doesn't even snore any more. I was pre-diabetic and have a long family history of diabetes. My mother passed away from diabetes. I have seen first-hand how that disease slowly kills you. I knew I needed to change. I tried every diet out there. We are so happy with the results from surgery and how it has changed our lives. Dr Cottam was amazing! He did a great job! Recovery was quick and we didn't have any problems. This before and after pic was a year apart. Our before pic is us at our heaviest weight. The after pic is us now, with Scott down 217 pounds and I have lost 115 pounds."



# Thai Green Curry Chicken from bariatriceating.com

## Ingredients

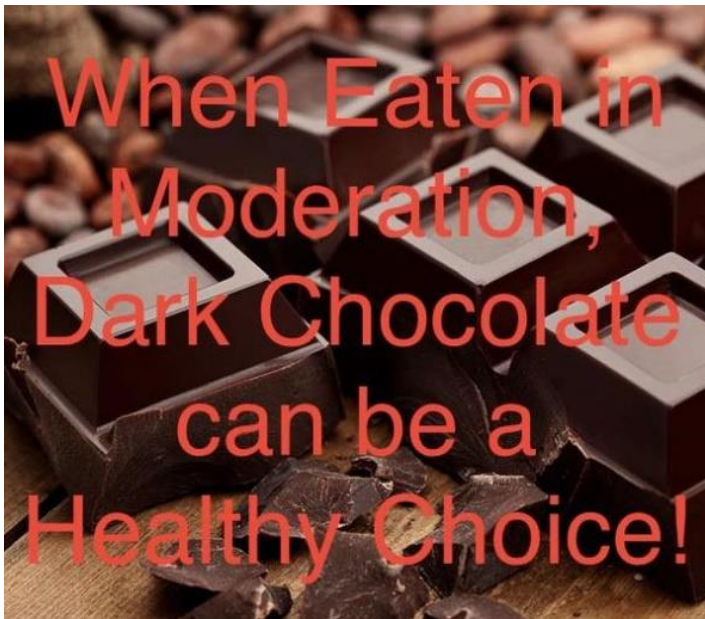
One 13 ounce can Unsweetened Coconut Milk  
1/2 cup chicken broth  
3 tablespoons Fish Sauce  
2 to 3 tablespoons Green Curry Paste –  
start with 2 and add more to taste  
1 tablespoon Splenda Brown, sugar substitute  
1 1/2 cups cut up thinly sliced red bell pepper and/or snow peas  
1-pound boneless skinless chicken breasts, cut into 1-inch pieces  
1/4 cup chopped fresh basil



## Instructions

Mix coconut milk, broth, fish sauce, green curry paste and Splenda brown sugar in medium skillet - bring to boil - reduce heat and simmer 15 minutes.  
Stir in the vegetables and chicken; simmer 10 minutes longer or until chicken is cooked through.  
Fold in the basil and serve.  
Ladle into bowls and serve.

## Weight Loss Tips



Chocolate is generally something you want to avoid as you follow a healthy eating plan; however, dark chocolate can be a healthy choice, if eaten in moderation and chosen carefully. Choose dark chocolate with over 70% cocoa content. Dark chocolate contains good amounts of fiber, iron, magnesium, copper, and manganese as well as ample antioxidants! It can lower oxidation-prone LDL and improves insulin sensitivity and has been shown to be good for blood flow and heart health. **HOWEVER**, dark chocolate can be high in sugar and calories, so it must be consumed in moderation, but an occasional square that you savor could actually have some health benefits.



Use a weight loss app to better track what and how much you eat. Often an app will help you be honest with yourself and better track your progress. They can also be motivational. Many people use My Fitness Pal and Baritastic, but other apps are available.

When you attend a party, it's important to have an eating plan before you go. Plan on eating only the high protein foods, and insist on bringing your favorite dish—then make something healthy that you can eat. Consider not drinking any alcohol, since this is just empty calories. Pre-plan excuses if others push food on you, and try to sit away from the food and focus on socializing, rather than the food. If you have a plan, you are less likely to overindulge!

## Make a Healthy-Eating Plan Before a Party!

