

BMI Newsletter

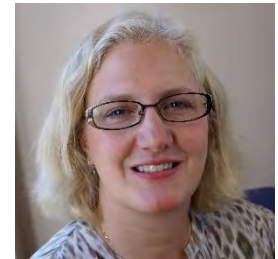
Support Groups

Dr. Richards will do an Online Q & A Support Group on Wednesday, May 20 @ 6:00 PM MST

Tracey will do Facebook Live workouts each Tuesday & Thursday. Times will vary and will be posted on Sunday night. She will also do occasional pop up groups which she will post on the group page.

Andrea will do a Facebook Live Support Group Wednesday, May 28 @ at 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.



Dear Friends and Patients of the Bariatric Medicine Institute,

As many of you know, I am a passionate advocate for patient rights. Part of that is letting people use cannabis (marijuana) for medical purposes. I helped get the bill passed in Utah.

Recently I became a qualified medical provider for the medical cannabis program here in Utah. If you or a friend or loved one have any one of the following conditions, I would be happy to consult with you and write you a letter for medical cannabis. Currently we are charging 200 dollars for a consult and letter so that you can qualify for the state program.

You can call 801-746-2885 to schedule an appointment. We are now set up to do telemedicine visits as well as in person consultations.

Sincerely,

Dr. Daniel Cottam

These are the qualifying medical conditions:

- | | |
|---|--------------------------------------|
| 1. HIV/AIDS | 2. Alzheimer's Disease |
| 3. Amyotrophic Lateral Sclerosis (ALS) | 4. Cancer |
| 5. Cachexia | 6. Persistent Nausea |
| 7. Crohn's Disease or Ulcerative Colitis | 8. Epilepsy or Debilitating Seizures |
| 9. Multiple Sclerosis (MS) or Persistent and Debilitating Muscle Spasms | |
| 10. Post-Traumatic Stress Disorder (PTSD) | 11. Autism |
| 12. Terminal Illness | 13. Hospice Care |
| 14. A Rare Condition or Disease | 15. Pain |

During the Coronavirus Pandemic, elective surgery is now being reviewed by the hospital on a case by case basis. Hopefully in time more cases will be approved. The office is still open from 9-4 M-F, and we can see patients if needed. However, we are doing most of our follow-up and consultations for future patients over the internet. You can still call 801-746-2885 to schedule these appointments or ask questions.

Congratulations to Our Amazing, Hard Working Patients!



Lenelle

Sanchez

Danielle

Burningham



Darol

Acord

Doris

Amigliore

Lenelle Sanchez is doing amazing! In her own words: "My life has changed immensely. I can walk outside with my granddaughter. I could walk through Mexico without having to stop every 3 minutes. I fit on the airplane seat with extra room. I can go grocery shopping and unload everything and put it away without needing to take a break. I can clean for more than 5 minutes without a break. I can fit in a booth at a restaurant with my granddaughter on my lap and we both still have room. I can walk with my dogs. I can sleep so much better and no CPAP. I can wear a bathing suit that I like and not shorts and a t-shirt. I can cross my legs. I can hike. There's so much more but these are off the top of my head. I can't wait to see how much more I can do if I get a panni one day."

Danielle Burningham is doing great! Two years out from a Sleeve Gastrectomy, Danielle is making mindful food choices and has increased activity!

Darol Acord is 4 years out from a sleeve enhancement surgery with Dr. Cottam and is killing it! 160 pounds down, he has created healthy habits such as good food choices and increased activity.

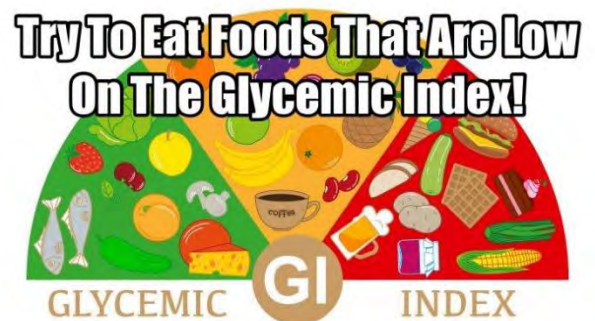
Doris Amigliore is a year out from a Loop Duodenal Switch with Dr. Cottam and is doing awesome. She is down 146 pounds! She is focusing on how she feels and not the weight on the scale.

Weight Loss Tips



As many of you are stuck home, try adding a little strength training to your daily routine. Since you can't go to the gym, you might ask, "How?" Use milk containers or water bottles. Even using your own weight with sit ups and push-ups can help. Strength training helps strengthen muscles and tendons and increases bone density. It also decreases risk of injury when you work out and makes aging easier.

Try to eat foods that are low on the glycemic index. The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Carbohydrates with a low GI value are more slowly digested, absorbed, and metabolized and cause a lower and slower rise in blood glucose and, therefore usually, insulin levels. These foods are better at decreasing hunger and help with weight loss. The glycemic index will help you determine the best fruits and veggies to eat. Overall, it is a good guide to eating good carbs vs. bad carbs.



With many of us stuck at home not working right now, boredom is a real problem which often leads to overeating. You need to make a conscious effort to stop boredom from ruining the healthy lifestyle changes you've made. Finding a way to eliminate boredom, getting a drink of ice water when the desire to eat strikes, planning your meals before the boredom hits, or eating more protein to better eliminate hunger are all ways to stop emotional eating related to boredom.



Establish a clear routine each day so that you can better stick to your healthy eating habits. If during this lockout you are stuck at home, it can be difficult to not snack all day and not even realize how much you are eating. If you set a clear time for each meal, a clear time to exercise, and times to accomplish different goals that you set for yourself, you will be better able to avoid excessive eating. Write down your schedule, put it in your calendar, and try to stick to it.

CREAMY DIJON PORK CHOPS from diethood.com

Ingredients

FOR THE PORK CHOPS

- 1 1/2 tablespoons olive oil
- 4 to 6 boneless pork chops, 1/2-inch thick
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 4 slices bacon, diced

FOR THE SAUCE

- 1 tablespoon butter
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried basil
- 2 tablespoons Dijon mustard
- 1 cup heavy cream
- 1/2 cup low sodium chicken broth salt and fresh ground pepper
- 1/4 cup grated Parmesan cheese
- 2 cups baby spinach
- fresh chopped parsley, garnish

Instructions

FOR THE PORK CHOPS

1. Heat olive oil over medium-high heat in a large skillet.
2. Season pork chops with salt and pepper; add to skillet and cook for 5 to 6 minutes per side, or until golden brown and edges are crispy. Cooking time depends on the thickness of the pork chops.
3. Remove pork chops from the skillet; set aside and keep covered.
4. Add bacon pieces to the skillet and cook until crispy.
5. Remove from skillet and set aside. Keep bacon fat in the skillet.

FOR THE SAUCE

1. Melt butter in the same skillet and stir in the garlic, thyme, and rosemary; cook for 30 seconds, or until fragrant.
2. Deglaze the skillet with the chicken broth, scraping up any bits from the bottom of the skillet. Continue to cook for 4 minutes, or until reduced by half.
3. Stir in the cream and Dijon mustard; season with salt and pepper and bring to a simmer.
4. Lower the heat and cook for about a minute or until sauce starts to thicken.
5. Add in parmesan cheese and baby spinach; cook for 1 minute.
6. Return pork chops to the skillet and continue to cook for 1 to 2 minutes, or until heated through.
7. Remove from heat.
8. Garnish with cooked bacon pieces and fresh chopped parsley; serve.

Things to do when you are bored

1. Workout
2. Edit old photos
3. Create a vision board for the year
4. Write a journal entry for the day
5. Clean up your email by unsubscribing
6. Do some yoga
7. Watch inspiring TED talks
8. Call old friends
9. Read up on current events
10. Try creative writing

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*Aspire, Learn, Teach,
Inspire*

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