BMI UTAH NEWSLETTER

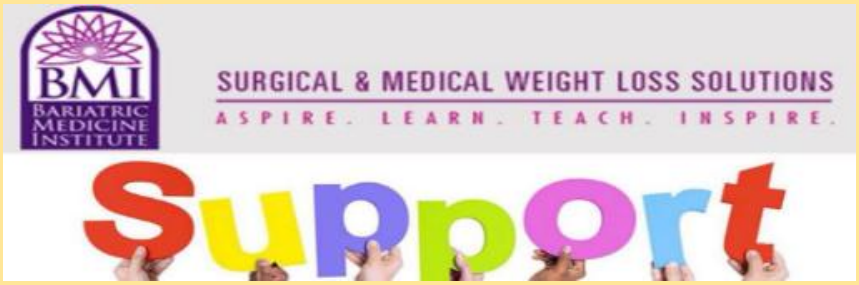
November 2026 801-746-2885

[Volume 113]

Support Groups

Andrea will do a Facebook Live Support Group on **Monday, November 23 @ 1:00 PM 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 answer the questions 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.







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. We love celebrating your successes!

Life Changing Procedure

Tracie Holderman is one of Dr. Cottam's gastroparesis patients. After Dr. Cottam did a pyloromyotomy and placed a gastric pacer in her stomach, her life has been completely changed. She says it's the first time in 25 years that she hasn't had nausea. We are so happy we were able to help her improve her life after she suffered for so long.



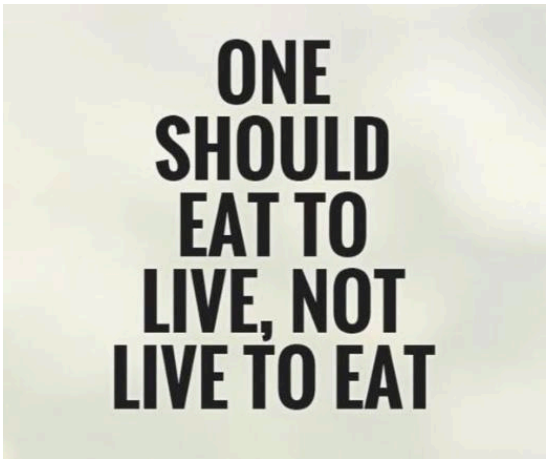
Weight Loss Tips



Focus on adding good food, not on just restricting bad food. Focusing more on what you can have like high fiber vegetables, lean proteins, and healthy fats rather than obsessing over what you must cut out will make eating healthy easier.



Avocados are a great source of healthy fat and extremely high in fiber, which makes them an excellent food for weight loss. The fat and fiber slow down digestion, which makes you feel full longer. They are also an excellent source of potassium.



It is important to work on changing your mindset about food. Food is fuel, so focus on eating to live and not living to eat. Focus on getting good nutrition in your body that helps you rather than eating junk that only gives you momentary pleasure and doesn't really help your body thrive.



Soup is a great choice for weight loss. Soup can support weight loss by increasing fullness due to its volume, slowing down eating, and lowering total calorie intake, especially when it is broth-based and loaded with vegetables and lean proteins.

Presenting Research

Dr. Cottam enjoying presenting his research at the IBC – University of Oxford World Congress. He was able to present his latest research on the Loop Duodenal Switch and hear from other bariatric surgeons from around the world.



A New Way to Save Money

Exciting news! We've partnered with Truemed to make it easier for qualified customers to use Health Savings Account (HSA) or Flexible Spending Account (FSA) funds toward eligible Bariatric Advantage products.

That means if you qualify, you can purchase products using pre-tax dollars, resulting in average savings of around 30%

1. Make Your Purchase

Browse BariatricAdvantage.com and add products to your cart. At checkout, select Truemed as your payment option.

2. Complete a Quick Health Assessment

Answer a brief survey — a licensed provider will review your responses to determine eligibility.

3. Pay with HSA/FSA or Card

Use your HSA/FSA card directly or pay with a regular credit card and follow Truemed's guide to request reimbursement.

Shop These Recommendations with Your HSA/FSA and Save Up to 30%