

BMI Newsletter

Surgeons We are Training

Dr. Daniel Cottam welcomed doctors from McAllen, Texas and Atlanta, Georgia to learn more about the loop duodenal switch. They discussed it at an educational dinner and then watched Dr. Cottam perform the procedure. We love sharing knowledge about this life changing weight loss procedure and hope these doctors will be able to implement it in their practices when they return home.



Recipe Ideas

Backed Parmesan Zucchini

INGREDIENTS:

- 4 zucchinis, quartered lengthwise
- 1/2 cup freshly grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves



DIRECTIONS:

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired.

Taken from damndelicious.net

Contents

News and Updates	
Surgeons We are Training	1
Recipe Ideas	1
Weight Loss Success	2
Satellite Clinics	2
Weight Loss Tips	3
Products to Try	3
Recent Presentations	4
Support Groups	4
Recipe Ideas	4

Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Penny Crosby is down 79 pounds just nine months after a sleeve gastrectomy!

Kelly Stratton is down 90 pounds after her sleeve gastrectomy nine months ago!

Candace Evans is down 123 pounds only 6 months after her gastric bypass with Dr. Richards!

Joseph Apodaca has kept off his weight three years since his loop duodenal switch with Dr. Belnap. He is a Type 1 diabetic and his Insulin requirement went down from 200u daily to 60u a day!



Adam Heath is down 1/2 of his body weight, 266 pounds, about one year after his staged loop duodenal switch with Dr. Cottam!

Toni Boyer is down 91 pounds less than one year after her sleeve gastrectomy and hernia repair!

Gina Erickson is down 112 pounds just one year after her loop duodenal switch with Dr. Cottam. Her knee pain is resolved, and she is excited that she can now keep up with her daughter because she has more energy!

The Bariatric Medicine Institute Has Satellite Clinics

BMI of Utah holds clinics in Elko, Draper, and Layton. You can follow up with dietary consultations, personal training and wellness coaching! Take advantage of what your program offers! If these locations are more convenient for you, here is the current schedule:
 Elko, NV – 1st and 3rd Thursday of each month
 Draper, UT – 1st and 3rd Tuesday afternoon of each month
 Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month
 Give us a call if you need to schedule an appointment 801-746-2885



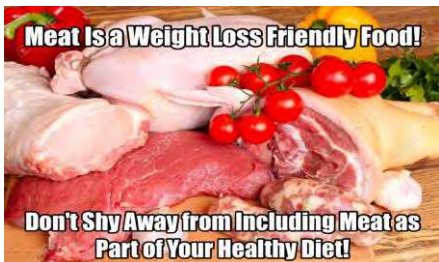
We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on little ways to boost your weight loss.



Try to eat appropriate portions by weighing or measuring your food each time you eat. Don't eat out of containers or bags. Portion out your food before eating it, so you don't overeat!



Add vegetable and fruit fillers to your recipes to cut down on calories and make your food healthier. For instance, add diced apples to your oatmeal or substitute mushrooms for part of the meat in stir fries. Spinach is a great filler in pastas and sandwiches. Be creative!



Meat has been unfairly demonized. Lean meat is really a weight-loss friendly food since it is so high in protein. It makes you feel fuller longer and helps cut cravings. Don't shy away from this source of protein!



Getting a good night's sleep helps your metabolism, your hunger, and your craving for carbs! So, if you are trying to lose weight, if you snooze, you win (at least at weight loss)!

Products to Try

As you try to give up carbs, giving up pizza is especially hard. These products might be a good way to enjoy pizza while keeping your carbs low and your protein high! <https://realgoodfoods.com/>



Recent Presentations

Dr. Cottam gave the keynote address at the Pennsylvania's ASMBS State Chapter Meeting in Hershey, Pennsylvania today. The meetings theme was "The Current Care of the Bariatric Patient." He taught the health care professionals there about the latest information and research on the loop duodenal switch.



Support Groups

Salt Lake Group - October 4 at 6 pm – Moreau Medical Building Classroom (1002 East South Temple Classroom Salt Lake City)

Layton Group – October 11 at 6 pm – Davis Hospital and Medical Center (1600 W Antelope Dr. Classroom 1 Layton)

American Fork Group – October 17 at 6 pm – American Fork Hospital (170 N 1100 E Classrooms American Fork)

Please go to our website and choose seminar & support group sign-up tab to sign up for the support group you wish to attend. If you sign-up online, it makes it easier to know who is coming and who to contact if there are any changes to the group. As always, please check our website and Facebook page for any updates or changes. We hope to see you there!

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.

BMI of Utah

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Aspire, Learn, Teach, Inspire

Find us on the Web:
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Black Bean Salad with Corn, Red Peppers and Avocado in a Lime-Cilantro Vinaigrette

Ingredients

- 2 15-ounce cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons minced shallots, from one medium shallot
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 9 tablespoons extra virgin olive oil, best quality such as Colavita
- 1 teaspoon lime zest (be sure to zest limes before juicing them)
- 6 tablespoons fresh lime juice
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 2 Hass avocados, chopped

Instructions

1. Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.

From onceuponachef.com