

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Tuesday, Sept. 14 @ noon MST.

Dr. Cottam will do a Support Group on Thursday, Sept. 16 @ 8:00 PM MST.

Tracey will do a Support Group on Tuesday, Sept. 21 at noon MST.

Andrea will do a Facebook Live Support Group on Monday, Sept. 27 @ at 4:00 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 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 during the pandemic, 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!

Congratulations!



Ernestina Turner had a Sleeve Gastrectomy last August and is down 125 pounds! She has tons more energy and is able to keep up with her kids. She currently works out 3 to 4 days a week, and her hips and back don't hurt as much anymore. She still wants to lose 78 more pounds, but she is loving her new tool.

Health Care Innovation



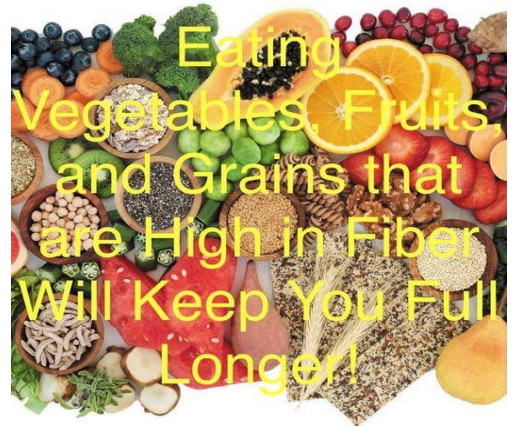
Last month BMI Utah hosted an engineer from Boehringer Laboratories. We are working with this company to help produce a device that will give us more accurate measurements of bowel length.



Dr. Cottam also spent time with representatives from ValueCare. This is a new partnership where we are trying to increase the safety and lower the cost of Bariatric surgery. This is a nationwide effort with Bariatric surgeons from around the country. Dr. Cottam is going to be the medical director. We hope this company can increase the number of patients who can access life changing Bariatric procedures.

Weight Loss Tips

Eating vegetables, fruits, and grains that are high in fiber will keep you full longer. Although vegetables, fruits, and grains all contain carbohydrates, those with a high fiber rate will satisfy your hunger for a longer period of time and not raise your blood sugar as high. Good choices include barley, spinach, pears (with skin), beans, berries, snap peas, artichokes, raspberries, avocados, bran, and lentils.



Drink plenty of water. During the heat of the summer, this is especially important. Often you feel hungry when in reality you just need to hydrate. Water is the healthiest and cheapest way to hydrate. If you don't like the taste of water, try sparkling water or add lemon or lime slices to your cup. If the water from your tap isn't delicious, try bottled water or buy a filtered water pitcher and keep it in your fridge, so you always have access to tasty, cold water.

Close the kitchen in the evening. Establishing a time when your kitchen is closed will help you not eat or mindlessly snack late into the evening. Often late-night eating has nothing to do with hunger and more to do with habit and boredom. After dinner, clean your kitchen and then put up the closed sign. It also can help to brush your teeth, which will make you less likely to eat again before bed.



Have protein at every meal and snack. Adding a source of protein to each meal and snack will help keep you feeling full longer so you're less likely to overeat. Try Greek yogurt, a small portion of nuts, peanut butter, eggs, beans, or lean meats. The protein will keep you full and help you control your blood sugars.

Sharing our Research and Expertise



Dr. Cottam and Dr. Medlin hosted surgeons from Harvard and Massachusetts General Hospital and the Oschner Clinic in New Orleans. They came to learn about and observe the loop duodenal switch. We hope they can implement this life changing procedure into their practices.

Protein Orange Creamsicles from bariatricfoodie.com

Ingredients

- 11 oz Premier Protein Vanilla Shake ready to drink carton
- 1-2 Orange powdered drink sticks sugar-free
- 1/4 tsp lemon juice

Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. Pour in popsicle molds and freeze at least two hours.
3. To extract, run mold under cool (not cold, not warm) water until the pop releases.

