

BMI UTAH NEWSLETTER

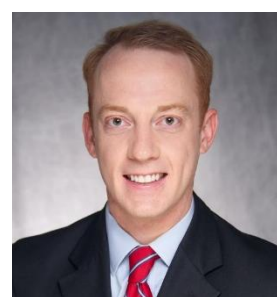
September 2026 801-746-2885

[Volume 111]

Support Groups

Andrea will do a Facebook Live Support Group on **Monday, September 21 @ 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 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!

Congratulations!

Congratulations to Stacy Harker on her incredible weight loss journey. We at BMI Utah are incredibly proud of all the hard work she has put into her amazing success. Here is her inspiring story in her own words:

In October 2019, I was rushed into surgery with appendicitis. Before the procedure, the surgeon mentioned that my morbid obesity could complicate the surgery. I knew I was carrying more weight than I wanted, but hearing those two words out loud cut deep.

I've struggled with my weight ever since having my first son 21 years ago. Losing weight—and keeping it off—always felt like an uphill battle. Then, 12 years ago, my husband died unexpectedly, and raising our three boys on my own made taking care of myself even harder.

Four years ago, I decided it was time to explore surgical weight-loss options. A friend of a friend shared her experience with vertical sleeve gastrectomy on social media, and after reaching out to her, I scheduled a consultation with Dr. Medlin that very week. It still took me a couple of months to make the decision, but I will always be grateful that she shared her story.

On February 11, 2022, I had my VSG surgery—and my only regret is that I didn't do it sooner. Today, I have lost exactly half of my original body weight—140 pounds.

The first 75 pounds came off after surgery, but eventually my progress stalled. Instead of giving up, I decided to try something that terrified me: I joined a local gym. Walking through those doors for the first time was incredibly intimidating. I signed up for a six-week HIIT boot camp...and that was almost four years ago. I never imagined I'd become someone who actually looks forward to going to the gym at 6am!

I've also completed six 5Ks, and I'm still not sure I'd call myself a runner!

A few weeks ago, I traveled to Japan with my 16-year-old son. We walked everywhere. One day I logged more than 27,000 steps—a personal record. The best part wasn't the number, though. It was how I felt. I carried my own luggage up flights of stairs, kept pace with a group of teenagers, and still had energy at the end of the day. Four years ago, I couldn't have imagined that version of myself.

I am incredibly grateful to Dr. Medlin and Dr. Cottam for giving me the tools to change my life.

But I'm equally grateful for the work I put in after surgery. The surgery gave me an opportunity; it didn't do the work for me. Every workout, every healthy choice, every early morning, and every step along the way added up to the life I'm living today.

Looking back, I don't just see 140 pounds lost. I see confidence gained, strength I didn't know I had, and the ability to fully show up for my family and for myself. And for that, I am incredibly thankful.

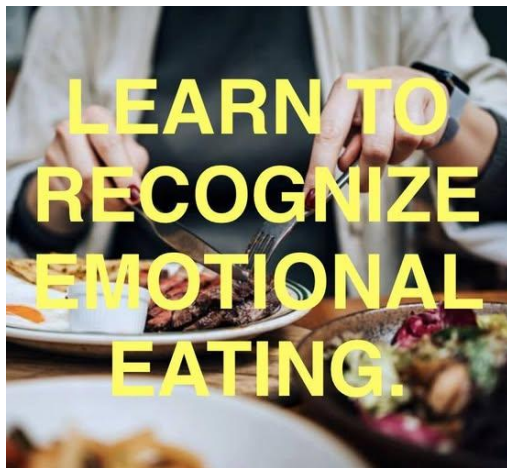


Weight Loss Tips



Look for ways to get more exercise/steps from everyday activities. Take the stairs instead of the elevators. Park farther away from the store entrance. Do yard work or heavy housework, like gardening or vacuuming. Walk to a neighbor's house instead of driving.

Plan ahead. Taking one day to plan your meals for the week and to prep the ingredients will help you make better choices. With planning, it is less likely that you will come home from work tired and turn to fast, easy food that is usually unhealthy.



Learn to recognize emotional eating. Some people eat in response to relationship conflict, work stressors, tiredness, money issues, or health concerns. Some people also emotionally eat in response to positive emotions. There are many techniques to overcome these triggers, but the first step is recognizing the emotions that trigger you. Sometimes just recognizing them is enough to get yourself to do something else besides eat.

What you buy is what you will eat, so it is important to shop wisely. Don't think you can buy junk food and then resist eating it. Make a healthy plan for your grocery shopping and then stick to it. It is much easier to exercise willpower at the grocery store than it is after a long, tiring day when your sugar cravings are probably the highest.



Way to Go!

Congratulations to Carissa Webb! She had surgery March 24th and is already down 70 pounds!

Way to go! Keep up the hard work. All of us at BMI Utah are proud of you!

