

# BMI Newsletter

## New Cases We are Pioneering!

Dr. Medlin did his first two Endoscopic Sleeve Gastroplasty cases, ESG, in August. Thanks to our team at the Lone Peak Surgical Center and our @Apollo support team and many others who helped us along the way! We are excited about this new weight loss option.



### Recipe Ideas

## Zucchini Enchiladas

#### Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- kosher salt
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 3 c. Shredded chicken
- 1 1/3 c. red enchilada sauce, divided
- 4 large zucchinis, halved lengthwise
- 1 c. Shredded Monterey Jack
- 1 c. shredded Cheddar
- Sour cream, for drizzling
- Fresh cilantro, for garnish

#### Directions:

Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and season with salt. Cook until soft, 5 minutes, then add garlic, cumin and chili powder and stir until combined. Add shredded chicken and 1 cup enchilada sauce and stir until saucy.

On a cutting board, use a Y-shaped vegetable peeler to make thin slices of zucchini. Lay out three, slightly overlapping, and place a spoonful of chicken mixture on top. Roll up and transfer to a baking dish. Repeat with remaining zucchini and chicken mixture.

Spoon remaining 1/3 cup enchilada sauce over zucchini enchiladas and sprinkle with both cheeses.

Bake until melty, 20 minutes.

Garnish with sour cream and cilantro and serve.

Delish.com

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## Weight Loss Success!

### Congratulations to our Amazing, Hard-Working Patients!



J. Chris Oleson has already lost 61 pounds only three months after a sleeve gastrectomy with Dr. Medlin! He is also off all his blood pressure meds!

Terry Nelson! She is down 114 pounds in just a year with the loop duodenal switch!

Crystal Smith has lost 134 pounds one year after her loop duodenal switch!

Steven Schlesinger is down 108 pounds only three months after a loop duodenal switch with Dr. Cottam! He loves that he can do two flights of stairs without being winded, and his pant size has gone from a 60 to a 48!

Harold Campbell is down 187 pounds one year since his loop duodenal switch! He only has to lose 30 more pounds to reach his goal weight.

Judith Barron, three years after her loop duodenal switch, and she is still looking great!

Judy Hill is down 175 pounds almost four years after her duodenal switch!

Sandra Smith has a BMI of 28 one year after her sleeve gastrectomy!

Shayne Villanueva has lost 82 pounds one year after her sleeve gastrectomy!

Terrie Ryan is already down 90 pounds only three months from her loop duodenal switch with Dr. Cottam!

### The Bariatric Medicine Institute Has Satellite Clinics

BMI of Utah holds clinics in Elko, Draper, and Layton. 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 get some great advice on little ways to boost your weight loss.



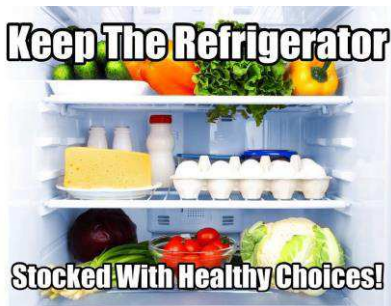
Don't skip meals. When you skip meals, your hunger increases, and you tend to eat more at the next meal.



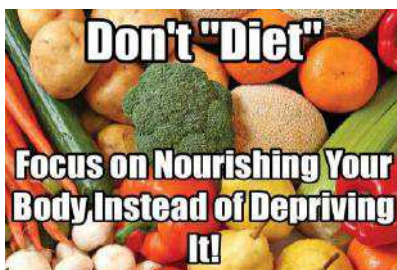
Avoid white bread, which is highly refined and often contains a lot of added sugar. White bread is made from very fine flour, is high on the glycemic index, can spike your blood sugar levels, and lead to overeating.



Today's food manufacturers add sugar to nearly everything. Read the labels and look for products without added sugar.



If you keep your refrigerator stocked with healthy food choices, making good choices will be much easier. Don't try to resist temptation in your refrigerator. Rather avoid having the temptation around in the first place!



Don't diet. Diets rarely work and often eventually lead to weight gain in the long run. Instead, focus on becoming a healthy, happy, fit person. When you focus on nourishing your body rather than depriving it, weight loss is often the result, and the change in attitude can be sustained in the long term.



## BMI Retreat

BMI enjoyed its annual retreat in Island Park, Idaho. We rafted, kayaked, golfed, hiked, and generally enjoyed nature. It was a great chance to rejuvenate, so that we can better serve our wonderful patients.

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## Support Groups

Sept. 6 @ 6:00 Moreau Medical Building, 1002 East South Temple, SLC

Sept. 13 @ 6:00 Davis Hospital and Medical Center, Classroom 1, 1600 W Antelope Dr., Layton

Sept. 19 @ 6:00 American Fork Hospital, 170 N. 1100 E., American Fork

Oct. 4 @ 6:00 Moreau Medical Building, 1002 East South Temple, SLC

*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.*

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## The BMI Team Enjoys the Eclipse!

