

BMI Newsletter

Support Groups

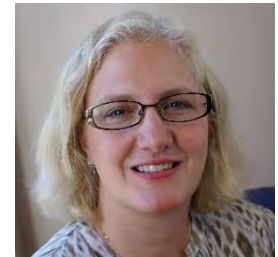
Dr. Medlin will do an Online Q & A Support Group on April 8 @ 7:00 PM MST

Dr. Cottam will do an Online Q & A Support Group on Wednesday, April 15 @ 7:00 PM MST.

Tracey will do Facebook Live workouts each Tuesday & Thursday at noon MST for the month of April.

Andrea will do a Facebook Live Support Group Wednesday, April 29 @ at 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 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.



Surgeons We are Teaching

Dr. Cottam taught eight surgeons and PA's from Harvard, the University of Illinois, the University of Missouri, Dallas, and Oakland. It was wonderful sharing all of our research on the Loop Duodenal Switch and allowing them to see and learn Dr. Cottam's technique. We hope they can now implement this life changing procedure in their own practices.



During the Coronavirus Pandemic, all elective surgery has been cancelled by the state. The office is still open from 9-4 M-F, and we can see patients if needed. However, we are doing most of our follow-up and consultations for future patients over the phone or internet. You can still call 801-746-2885 to schedule these appointments.

Congratulations to Our Amazing, Hard Working Patients!



Randall Merck is a year out from a Loop Duodenal Switch with Dr. Cottam! He is doing amazing, down over a 100 pounds and wearing a 28/29 waist pant size! He now has normal blood pressure, has increased his activity, makes mindful choices, and has started eating lots of fruits and veggies!

Kristi and Darrick Futrel had surgery done by Dr. Cottam last August, and they are having great success! Darrick weighed in at 300 before surgery. He is currently 215 moving from size 42 to 34 jeans! Kristi stated at 238.5 and currently weighs 169, moving from a size 16 to 10 pants.

In Kristi's own words: "We live in Alaska so we did all of our follow ups with our doctor here. We just traveled to our favorite place, Puerto Vallarta! We have been going every year. Here is a picture of our transformations! This has been life changing for us! My blood sugar is normal now, my cholesterol is down and I am hoping to be off my cpap machine sooner than later! Darrick didn't have any medical issues to speak of, but he feels amazing! He was able to zip line and parasail because he was under the weight limit! Thank you all!"

Eric Ekstrom is 1 year out from a Sleeve Gastrectomy with Dr. Richards and is down 90 pounds and feeling great!

Candy Leon is six months out from a Loop Duodenal Switch with Dr. Cottam, is 33 pounds down, and is doing great! She walks at least 10,000 steps a day and is off her blood pressure meds. Candy is mindful of her dietary choices, and amidst her busy schedule, she has started planning meals and snacks.

Way to Go!



Jeanne St. Clergy is a year out from a Sleeve Gastrectomy with Dr. Richards, is down 40 pounds, and is doing amazing! She works out regularly and is always up for trying new classes and activities. She makes good food choices and takes her vitamins regularly.

Teresa Matthews is down 95 pounds a year out from a Sleeve Gastrectomy with Dr. Cottam and is doing great! With increased energy and mindful habits, Teresa is ready for a lifetime of success.

Victoria Lara is a year out from a Sleeve Gastrectomy with Dr. Cottam and is down 140 pounds! She is mindful of her foods and has increased activity. She is even doing squat challenges!

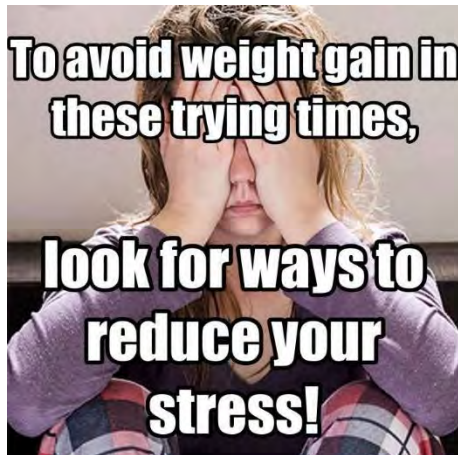


Father George Nikas is down 150 pounds after a Sleeve Gastrectomy with Dr. Richards a year ago. He is living his best life! With increased activity, regular exercise, and being mindful of his food choices, Father George has set himself up for lifelong success!

Kandis Barton is doing amazing a year out from a Sleeve Gastrectomy with Dr. Medlin! With an 85-pound loss, she is living it up! She works out in the gym 3 times a week, runs 10 miles a week, makes healthy food choices, and even walked 7 miles in HEELS in Vegas and felt awesome!

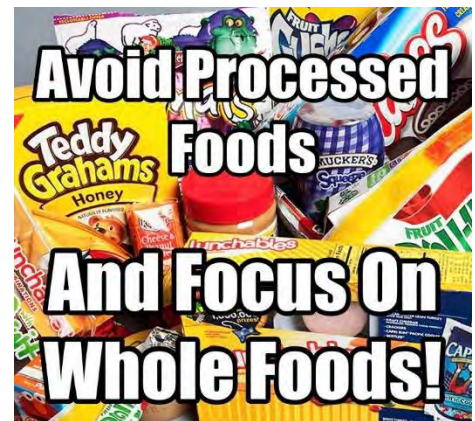
Juan Loera is 9 months out from a Loop Duodenal Switch with Dr. Cottam and is down 120 pounds! He makes good dietary choices and has increased activity.

Weight Loss Tips



At times like this, stress can become a real problem for your weight. Stress increases levels of cortisol, which is a significant appetite stimulant. Some studies show that metabolisms slow during stress. Also, during times of stress, we often turn to comfort foods, which are usually high carb, fat, and sugar foods. To fight these dangers, it is important to find ways to combat your stress and not turn to food. You can't go out, but you can take a walk, take a hot bath, enjoy a hobby, call a friend, listen to music, breathe deeply, or play a game. Be conscious of your stress, and do your best to control it without unhealthy food.

Most processed foods are full of sugar and carbs mixed with fat which leaves you hungry and promotes weight gain. Focus on whole foods, especially meat, vegetables, fruits, nuts, and eggs. These foods tend to contain less sugar and carbs and leave you feeling fuller. As you shop, you will tend to find the whole foods on the grocery store's perimeter.



As you try to cut carbs from your diet, look for low carb alternatives for some of your favorite carbs. For instance, lettuce instead of burger buns, lettuce leaves instead of taco shells, portobello mushroom caps instead of buns, baked butternut squash fries, eggplant lasagna, cauliflower pizza crust, spaghetti squash instead of noodles, or zucchini ribbons instead of pasta. La Banderia makes a Carb Counter tortilla with only 5 net carbs, many restaurants will lettuce wrap burgers, and Franz makes a zero carb Keto bread.

As we all deal with closed gyms, we still need to stay fit. Not only is fitness important for your weight loss journey, it is important for your physical and mental health. If you are used to going to the gym, now is the time to "think outside the gym." Go for walks or runs, lift gallons of milk, do basic push-ups and sit ups. Also, many gyms and websites offer online classes that you can take advantage of. Don't just sit at your house—get up and move!



Cloud Bread from wholesomeyum.com

INGREDIENTS

- 3 large Egg (whites and yolks separated)
- 3 oz Mascarpone (softened; can also use cream cheese)
- 1/8 tsp Cream of tartar (optional)
- 1/8 tsp Sea salt



INSTRUCTIONS

1. Preheat the oven to 300 degrees F (149 degrees C). Line a baking sheet with parchment paper and grease lightly.
2. In a large bowl, use an electric mixer to beat the egg whites and cream of tartar until stiff peaks form.
3. In a second large bowl, use the mixer to beat the mascarpone, egg yolks, and sea salt until smooth.
4. Carefully and gradually fold the egg whites into the mascarpone mixture with a spatula. Use a folding motion to incorporate, without breaking down the air bubbles in the egg whites.
5. Scoop the mixture into six circular discs onto the parchment paper. Bake 25-35 minutes, until golden. (I did not have discs, so I just greased muffin tins and filled them about half.)

Ways to Relieve Stress

We asked our Facebook friends how they are relieving stress in these unprecedented times. Here are a few of their ideas:

1. Paint, sew, garden, crochet
2. Clean and organize
3. Focus on what you are grateful for
4. Go on online field trips and online "vacations"
5. Make a schedule and stick to it
6. Walk, ride bikes, do anything that gives you fresh air
7. Do online yoga and other workout videos
8. Listen to loud music and dance
9. Complete home improvement projects
10. Take a bath

BMI of Utah

1046 East 100 South
Salt Lake City, UT 84102
(801)-746-2885

reception@bmiut.com

*Aspire, Learn, Teach,
Inspire*

Find us on the Web:

www.bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
ASPIRE. LEARN. TEACH. INSPIRE.