

# BMI UTAH NEWSLETTER

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## Support Groups

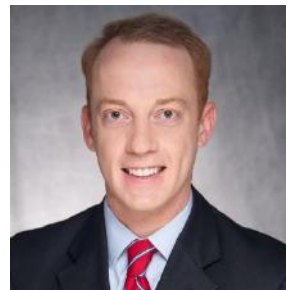
Andrea will do a Facebook Live Support Group on **Tuesday, April 9 @ 11:30 AM MST.**

Tracey will do a Facebook Live Support Group on **Monday, April 15 @ 2:30 PM MST.**

Tracey will do a Facebook Live Workout on **Monday, April 22 at noon MST.**

Madison, our PA, will do a Facebook Live Support Group on **Wednesday, April 24 at 10:00 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 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

# New Technology

BMI Utah just bought a DEXA scanner. It measures bone and fat density, bone health, and metabolism. This will help people track their fat loss and muscle gains. We are excited to offer this new diagnostic tool for our patients!



# Hurray for an Amazing Ten Years!

Our PA, Madison Meyers, has now been with BMI Utah for ten years. We are grateful for her dedication and experience. She is a valuable asset to our team! Thank you, Madison, for your commitment, loyalty, and hard work!



# Weight Loss Tips

Broccoli is an excellent addition to a healthy diet. It is full of vitamin C, vitamin K, iron, calcium, potassium, and actually contains more protein than most other vegetables. It is low in calories and high in fiber, which makes it very filling. It tastes good on its own, and is also a great addition to other dishes. Look for ways to incorporate broccoli into your diet today.



Avocados are a great choice for your healthy diet. Avocados are high in healthy fats and contain a lot of water and fiber, which makes them very filling. They also contain numerous important nutrients such as potassium, magnesium, and vitamin E and K. They can be enjoyed as a dip, in salads, in smoothies, as a substitute for sour cream or mayonnaise, and in numerous other ways.

Make it easy to choose a healthy snack when you need one. Have ready-to-eat fruits and vegetables on hand in the front of the refrigerator. Good choices include cut up celery, bell peppers, and carrots. You and your family are more likely to make good choices if those choices are easy!



Incorporate fatty fish into your diet. Nutritionists recommend at least 8 ounces of fatty fish each week because of its nutrient density and high concentration of omega-3 fats. It is also high in protein, so you will be less hungry and satisfied longer. Fish can be quite expensive, but frozen and canned fish work just as well. Good sources of fatty fish include salmon, sardines, trout, tuna, and shrimp. If you aren't incorporating fatty fish in your diet, give it a try.



# Sharing Our Expertise

Dr. Cottam welcomed seven surgeons from Los Angeles, Phoenix, Detroit, and Long Island last month. They came to learn about and observe the Loop Duodenal Switch. We enjoyed hosting them and some of their support staff and hope that they will be able to use this life-saving procedure in their surgical practices.

