

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Tuesday, Aug. 10 @ 7:00 AM MST and Tuesday, Aug. 24 @ noon MST.

Dr. Medlin will do a Support Group on Tuesday, Aug. 10 @ 6:00 PM MST. The topic will be making post covid adjustments to our "groove."

Tracey will do a Support Group on Wednesday, Aug. 18 at noon MST.

Andrea will do a Facebook Live Support Group on Tuesday, Aug. 31 @ 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.



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!

We are so happy for Makenna Bair's success in her struggle with gastroparesis that we wanted to share her story in her own words. Hopefully her experience can help someone else who is struggling with gastroparesis: "I am a gastroparesis patient. I started struggling with unknown stomach issues in 2015. Initially, it began as stomach pain, a constant feeling of fullness, and random vomiting. Over a four-year period, the symptoms became progressively worse. I started to have feelings of anxiety at the thought of eating, I was vomiting at work, I was scared to eat out, and I was scared to attend family events because the vomiting had become so frequent. I had already seen three doctors, had my gallbladder removed in an attempt to resolve this, and was feeling helpless with no relief and no diagnosis.

To make a very long story a little bit shorter, I eventually found a gastroenterologist who was willing to help me, and I had finally received the appropriate diagnosis with a plan of action. Unfortunately, this plan came with numerous medications, five to be exact. I just couldn't wrap my head around the idea of being 28 years old and so dependent upon medication. The next year I decided that I was going to take my health into my own hands. I spent several late nights on the Internet reading and educating myself about this condition. I read personal stories posted by strangers, their similar struggles, symptoms, remedies, and the possibility of surgical intervention. During this time, a coworker of mine was looking into bariatric surgery. She had been doing research on that particular topic, and had come across Dr. Cottam's website where the word "gastroparesis" caught her eye. I spent an entire night watching his YouTube videos and reading about the potential for a permanent solution. I figured that a consultation couldn't hurt, and I scheduled an appointment.

After speaking with Dr. Cottam, I felt peace, even in the midst of a pandemic where I wasn't able to converse in person. Mechanically, the surgery made sense to me: reduce the surface area of the stomach and zap it with a gastric pacer to make it work. I sat on the idea for over a month, discussed it with my husband, and we decided that we would do whatever we had to do to make the surgery happen for me. During the month of deep consideration, I also consulted with my gastroenterologist who advised me against the surgery. He just didn't know enough about it, and he thought it would make my symptoms worse. I still had this heavy feeling that the surgery is my chance at normal, so I went for it. After a drawn out, emotional battle, my insurance company agreed that this could be beneficial for me.

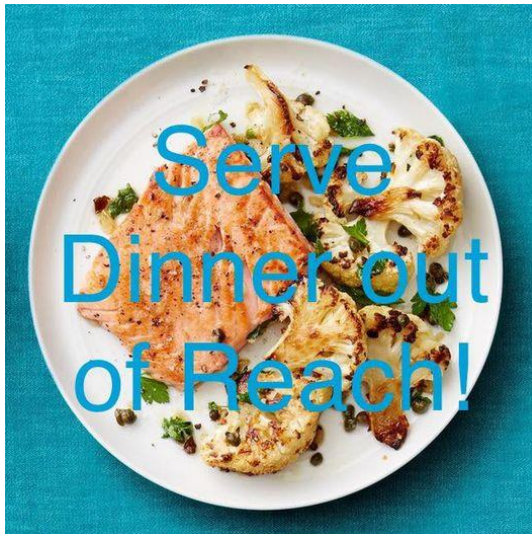
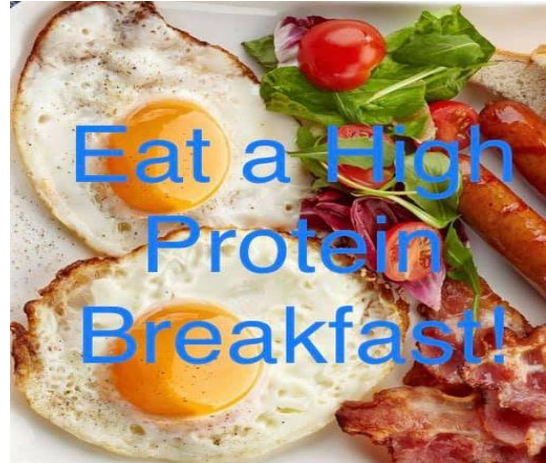
I had the surgery. The healing process following any surgery is never fun, but I was seeing improvements almost immediately I felt sheepish at the idea of going to see my gastroenterologist again because I had done exactly what he had told me not to do; however, I went. My gastroenterologist thought I was a different person. He told me that I no longer looked defeated, I was glowing, and that he could not believe that I was the same patient he had seen for months. He was disappointed that he had not been a part of the process because the results were so unbelievable.

Now, I am 30. I'm happy. I'm living a normal life. I take one medication, which over the last few years has been a foreign concept to me. Everything started to change from the clarity of my skin, to my metabolism, to my food anxiety. I have no regrets. I feel free. I am no longer burdened with the fear and anxiety of gastroparesis, and I owe it all to Dr. Cottam and his staff."



Weight Loss Tips

Protein is always important but especially important as you start your day. Starting with protein will help you not overindulge throughout the rest of the day. Eggs, nuts, cheese, and low sugar Greek yogurt are great options.



Instead of placing all your serving dishes on the table, serve your food buffet style from the kitchen. It helps prevent mindless picking and eating seconds when you're not really hungry since you have to consciously get up to eat more food.

If you want to know if something is truly healthy, carefully read the food label. Just because something is marketed as healthy, low-carb, low fat, or organic, doesn't mean that it is actually healthy. Look carefully at the carbohydrates, the added sugars, the calorie count, the protein totals, and the serving size. Determine for yourself if it fits your needs, rather than relying on marketing labels.

Nutrition Facts
2 servings per container
Serving size 1 cup (255g)

	Per serving	Per container
Calories	220	440
	% DV*	% DV*
Total Fat	5g 6%	10g 13%
Saturated Fat	2g 10%	4g 20%
Trans Fat	0g	0g
Cholesterol	15mg 5%	30mg 10%
Sodium	240mg 10%	480mg 21%
Total Carb	4g 13%	0g 25%
Dietary Fiber	6g 21%	12g 43%
Total Sugars	7g	14g
Incl. Added Sugars	4g 8%	8g 16%
Protein	9g	18g



Eating plenty of fruit and especially vegetables is important to a healthy diet plan. Fresh produce is higher in nutritional value and much tastier, so head to your neighborhood farmer's market to stock up. Walking around the market is also a great way to get outside and absorb some vitamin D as well as adding a little movement to your day. Look for new ways to use the produce you buy, so that it can become a regular part of your new, healthy diet.

Sharing our Research and Expertise



Dr. Cottam enjoyed teaching a surgeon from Las Vegas and hosting some pre-Med students last month. He was excited to teach them about the Loop Duodenal Switch!

Quick and Easy Paleo Avocado Eggs from foodsmartmom.com

Ingredients

- 2 avocados
- 4 large eggs
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- dash cayenne or red pepper flakes optional
- fresh parsley for garnish optional

Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Halve the avocados and remove pits. Use a small spoon to widen the hole where the pit was, removing the excess flesh. Place avocados on the baking sheet.
3. Gently crack an egg in each half, aiming for the center of the well. Repeat with each avocado halve and sprinkle with salt, pepper and cayenne (if using).
4. Bake at 425°F for 18 minutes or until the egg whites are firm. For well-done eggs, bake 20-23 minutes or until yolks are firm.
5. Take out of the oven, sprinkle with parsley and serve immediately.

