

BMI Newsletter

Support Groups

Tracey will do Facebook Live workouts on Thursday, Dec. 12 at 7:15 AM MST.

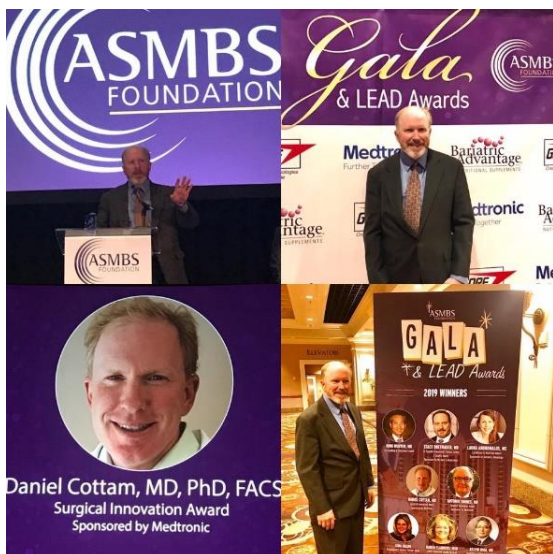
Andrea & Tracey will be holding a "Back on Track Class" on Thursday, Dec. 12 @ 1:00 PM MST in our Main BMI Clinic. Patients must go to the website to sign up.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Dec. 19 @ at 9:00 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.



Innovator of the Year



Daniel Cottam, MD, PhD, FACS
Surgical Innovation Award
Sponsored by Medtronic

Dr. Daniel Cottam won the American Society of Metabolic and Bariatric Surgery Foundation's "Surgical Innovation Award." Dr. Cottam received this award for his work in developing the Loop Duodenal Switch, also known as the SADI-S. He was the first person in the United States to perform this procedure and developed techniques to make the procedure much easier to perform in a significantly shorter time. He has now trained hundreds of surgeons around the nation and world to do the same procedure. He funded his own research to prove the procedure's efficacy and pushed tirelessly to promote his amazing results. His research found that it significantly increased diabetes resolution and drastically lowered the complication rates in comparison to the traditional gastric bypass. This innovative procedure has changed the lives of hundreds of our patients and patients around the world. It is now officially accepted as a standard approach for weight loss surgery by the bariatric society (ASMBS), and Dr. Cottam has performed more of them than anyone in the world. He truly has been an innovator.

Congratulations to Our Amazing, Hard Working Patients



Jeffrey Pope is only six months out from his Loop Duodenal Switch with Dr. Cottam and is doing amazing! Jeff is beyond excited—he is in a jean size he hasn't fit in since he was a sophomore in high school, and he is 42 years old now!

Nathan Hughes is two years out from Loop Duodenal Switch with Dr. Cottam and down over 150 pounds, Nathan has instilled amazing healthy eating habits and activity. He does cardio 20-30 minutes daily and lifts weights!

Barbara Coley is one year from a Sleeve Gastrectomy with Dr. Richards and is down 60 pounds! Barbara is doing great! With increased activity, good dietary choices, and a healthy lifestyle, she is on her way to lifelong success!

Chrissy Stephens is a little over a year out from the Bypass with Dr. Richards. She is down 125 pounds and is doing great! With increased energy levels, activity, and healthy dietary choices, she is on her way to lifelong success!

Michael Evans is doing amazing! Seven months out from a Loop Duodenal Switch with Dr. Cottam, he is down 180 pounds! Michael works out 4 times a week doing cardio and weights and has instilled healthy dietary habits!

Jamie Stoddard is doing amazing! She is 2 years out from a Sleeve Gastrectomy with Dr. Cottam and is 75 pounds down! She is killing it with activity—walking, playing softball, volunteering at her fire station, volunteering at the library, running a 5k, and training for a 10k! It is exhausting writing all she does!

Alicia had a Sleeve Gastrectomy in October 2018 with Dr. Medlin and has lost 150 pounds so far! She looks amazing and feels great!

Jenny Stearns is 4 years post op from a Sleeve Gastrectomy with Dr. Medlin. Since surgery, she has had two beautiful healthy children!

Way to Go!

Randy Clouse is down 64 pounds in his first 6 months out from a Sleeve Gastrectomy with Dr. Cottam! He is doing great, walks 13,000-16,000 steps a day, does weights 3x a week, and is down from a 52 suit coat to a 46!

Rachel Layton is 1 year out from a Loop Duodenal Switch and has lost 140 pounds. She is consistent with her diet and exercise and comes in regularly for follow-up appointments. She loves that she can cross her legs now so easily.

Richard Armstrong is only one month out from a Loop Duodenal Switch; he is down 35 pounds! From the start of his journey, he is already down 71 pounds! Richard is mindful of fullness, makes better dietary choices, and is active.

Mike Nickas is three years out from a Loop Duodenal Switch with Dr. Cottam and is down 250 pounds and has kept it off. Mike has a lot of success in the gym and in his active golf life! Not only is he an avid golfer and coach, he kills it in the gym! 5-6 times a week he does cardio on machines, swims, does Kettle Bell workouts and weights!

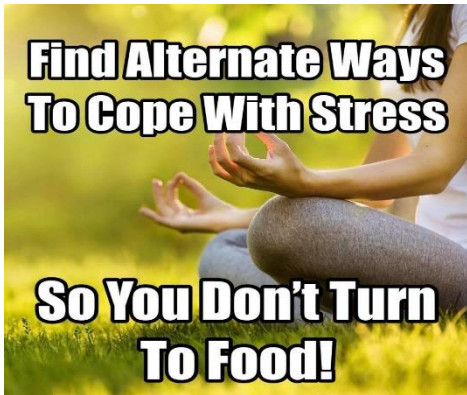


ASMBS Conference

Dr. Cottam addressed the main session at ASMBS (American Society of Metabolic and Bariatric Surgeons) in Las Vegas last month. He presented his years of research on the Loop Duodenal Switch (SADI-S) and its long-term outcomes. This was the first presentation on the long-term outcomes ever presented at this national conference. Because of Dr. Cottam's research and his tireless efforts, the ASMBS has finally approved the Loop Duodenal Switch (SADI-S) as an officially approved bariatric procedure. Now even more patients will be able to benefit from this life changing procedure. Dr. Cottam and Dr. Medlin also taught a course on this procedure to well over a hundred attending surgeons.

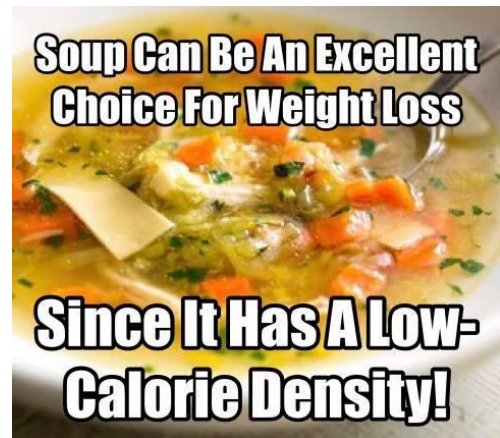


Weight Loss Tips



Search for healthy coping skills. Before surgery, you likely used food as a coping mechanism for stress. Now you must search for a new way to cope, whether it is exercise, reading a book, talking to a friend on the phone, sewing, yoga, or whatever works for you other than eating. When you want to turn to food, try an alternative until you find something that works for you.

Soup can be an excellent choice for weight loss since it has a low-calorie density. Soup fills you up very quickly with fewer calories than most other foods. Many studies have shown that those who eat soup, generally eat less. The best soups are broth or tomato-based soups with a lot of vegetables.



BYOA Bring your own alternative to holiday gatherings where you know healthy choices will be scarce. Try new low carb recipes for traditional favorites that you can share, or make sure you bring a vegetable or relish plate filled with healthy items you'll want to eat. You can take control of at least one choice so that you and others will have something healthy to choose from.



Surgeons We Are Training

Dr. Cottam enjoyed hosting three surgeons from Perth, Australia last month. They came to learn about and watch the Loop Duodenal Switch. Dr. Cottam loves training other surgeons in this life changing procedure and hopes they implement it when they return to Australia.

Crustless Low Carb Pumpkin Pie from food.com

Ingredients

1 cup fresh pumpkin or 15 oz can pumpkin puree
3 eggs
 $\frac{3}{4}$ cup Splenda sugar blend for baking
 $\frac{1}{2}$ tsp salt
1 tsp cinnamon
 $\frac{1}{4}$ tsp cloves
 $\frac{3}{4}$ cup heavy cream or $\frac{3}{4}$ cup light cream



Directions

Mix all ingredients together.
Pour into a well sprayed pie pan.
Bake at 350 for 30 to 40 minutes.

Dr. Cottam Lectures in Australia

Dr. Cottam traveled to Sydney, Australia to lecture at the SUGGS conference. He was invited because of his expertise with the SADI-S procedure (Loop Duodenal Switch). He was the key speaker at a dinner meeting and gave four lectures on his research. Thanks to Dr. Cottam's efforts in Australia over the last four years, SADI-S is becoming a very popular surgery there.



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