

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Wednesday, Dec. 2 @ 7:00 AM MST and one on Wednesday, Dec. 16 @ 7:00 AM MST. She will also do a support group on Wednesday, Dec. 10 at 12:30 PM MST

Andrea will do a Facebook Live Support Group on Wednesday, Dec. 22 @ 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.



Our YouTube Channel

We have a very informative YouTube Channel that we are adding to each month. If you haven't visited, check it out:

https://www.youtube.com/channel/UCPdyI738BKAn-H7pYSdDxJA?view_as=subscriber

Some of our latest videos include

Dr. Medlin's Heart Attack

https://youtu.be/koTc7kr_F9U

Gastric Bypass Conversion

<https://youtu.be/bMhku03oDi4>

Bariatric Support on Social Media

<https://youtu.be/Lp6PKAxyWRU>

Bile Reflux following Loop DS and Its Surgical Treatment

<https://youtu.be/ynZlu77laYM>



Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. 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!



Jennifer Sorensen had a Loop Duodenal Switch with Dr. Cottam in November of 2018 and is doing amazing. She says, “Now almost 2 years later my life has completely changed. I've gone from a shy stay at home couch potato to an outgoing outdoors enthusiast. Losing 157 lbs. gave me the confidence to get a new job, start hiking avidly, go cliff jumping, meet many new friends, and I have discovered a passion for dirt biking. This coming week my husband and I are flying to North Carolina to hike the big smokey mountains to celebrate our wedding anniversary and my surgery anniversary. Thank you from the bottom of my heart to the whole team at BMI for giving me a second chance at life. You guys saved me in so many ways! ❤️”

Innovation

Dr. Cottam and Dr. Medlin visited GI Windows in Boston to learn about and practice a new surgical method. Both Dr. Cottam and Dr. Medlin will be performing an FDA trial on this innovative method to connect bowel. They are excited to soon be part of this ground breaking trial!

Dr. Medlin was excited to do the second ever case on the new robot! The new robot is a great asset for Mountain Point Medical Center!

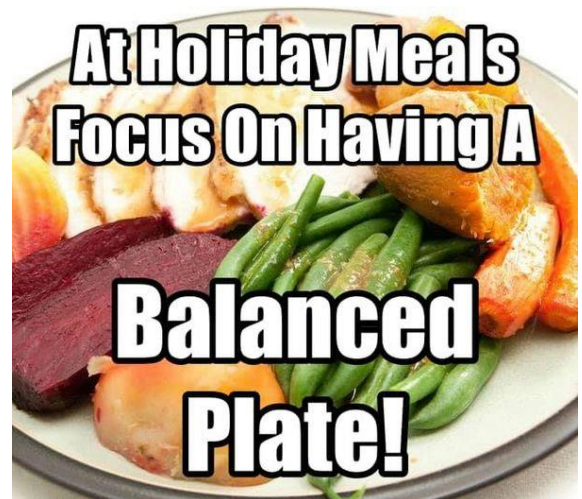


Weight Loss Tips



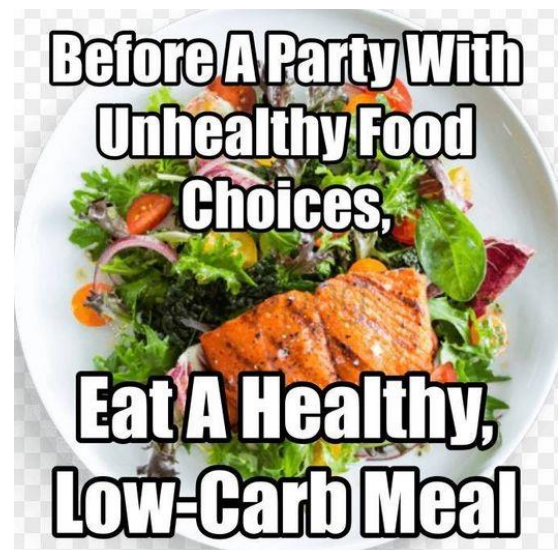
The holidays can be a difficult time with so many unhealthy foods, many of which are tied to strong feelings of comfort and family^[10]. Instead of completely giving up these foods, look for healthy substitutes. Numerous ideas on how to lower the carbs and calories of some of your traditional favorites can be found all over the Internet. For instance, cauliflower can be mixed half-and-half with mashed potatoes and you can hardly tell the difference. Crustless sugar-free pumpkin pie is quite easy to make and can even be topped with sugar free whipped cream. Don't be afraid to experiment a little so that you can still enjoy some of your favorites without as much guilt.

As holiday meals approach, you need a plan for how to stay on track with your healthy eating habits. One way to make sure you stay relatively healthy as you eat is to focus on balancing your plate. Around a fourth of your plate should be lean protein, half of your plate should be vegetables, and then a you can indulge in some carbs on the last fourth of your plate. Granted it would be better not to indulge at all, but completely depriving yourself can lead to later binges. Planning your plate will help you eat a more balanced diet.



When grocery shopping, never shop without a list. You are more likely to make smart food choices at home as you plan your week. Grocery stores are designed to tempt you to make impulse buys which usually are unhealthy choices, so make a list and stick to it!

Before any event or party that will cause you temptation to eat unhealthy food, eat a meal that will keep you full. A good meal would include plenty of fiber, protein, some fat, and very few carbohydrates. Protein, fat, and fiber keep you full because they don't digest quickly. When you're full, you are better prepared to make wise food choices.



CRUSTLESS PUMPKIN PIE from bariatriccookery.com

Ingredients

15 oz can pure pumpkin
1/2 cup Splenda granulated sweetener
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground cloves
dash of salt
2 eggs
12 oz can light evaporated milk
sugar-free, low-fat whipped cream to serve (optional)



Directions

1. Preheat the oven to 300.
2. Mix the pumpkin with the Splenda sweetener, cinnamon, ginger, cloves and salt. Beat in the eggs, one at a time, until well blended. Stir in the evaporated milk and mix well.
3. Pour into a deep 9-inch glass pie plate and bake for 30-35 minutes, until set but still a little wobbly in the center.
4. Remove from the oven and allow to cool to room temperature. Serve warm, or cool and then chill. Cut into wedges to serve, topped with a little sugar-free whipped low-fat cream if liked.

SERVES 6

WLS PORTION: 1/2

CALORIES PER PORTION: 132

PROTEIN: 8.2g

CARBOHYDRATE: 14.4g

FAT: 5.1g

TIP: The uncooked pumpkin mixture can be poured into a pre-made pastry or digestive biscuit/graham cracker cookie crumb case or shell and then baked. Bake in a preheated 180 C/350 F/gas mark 4 oven for 30-35 minutes.