

BMI UTAH NEWSLETTER

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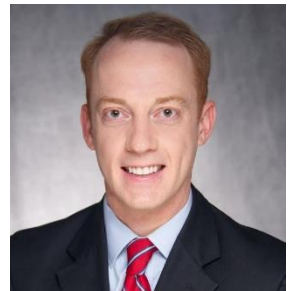
Support Groups

Tracey will do a Facebook Live Support Group on **Monday, Dec. 5 @ noon MST.**

Andrea will do a Facebook Live Support Group on **Monday, Dec. 12 @ 2:30 PM @ PM MST.**

Tracey will do Facebook Live workout on **Wednesday, Dec. 14 @ 9:15 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.



Teaching Surgeons Around the World

Dr. Cottam, Dr. Medlin, and Dr. Mooers enjoyed hosting a surgeon from Mexico who came to learn more about the loop duodenal switch. We hope he learned a lot and that he will be able to incorporate this lifesaving procedure into his practice.





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. We love celebrating your successes!

Bacon and Garlic Green Beans

from tasteofhome.com

Ingredients

- 6 thick-sliced bacon strips, chopped
- 1 small onion, thinly sliced
- 6 tablespoons butter
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1/4 cup white wine or chicken broth
- 9 cups frozen French-style green beans, thawed
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 to 3 tablespoons lemon juice



Directions

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain. In the same skillet, saute onion in butter and oil until tender. Add garlic; cook 1 minute longer. Stir in wine; bring to a boil. Simmer, uncovered, for 5-8 minutes or until liquid is reduced by half.
2. Add the green beans, salt, garlic powder and pepper; heat through. Stir in lemon juice and bacon.

Sharing Our Experience

Dr. Cottam was invited to speak at a Medtronic event in Nashville, Tennessee last month. He shared his experiences with recording a video of all his surgery center cases using Medtronic's interface. He enjoyed sharing how this has helped with patient safety and education.



Proctoring Surgeons

Dr. Cottam traveled to Sacramento to proctor surgeons there. He was able to help them refine their skills with the Loop Duodenal Switch. Hopefully they can now better implement this life changing procedure into their practices!



Weight Loss Tips

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.



When you are trying to lose or maintain weight, willpower alone is rarely enough, so it is important to find ways to be accountable to your goals. Weighing or measuring yourself regularly and using food diaries and fitness apps can help. However, one of the best accountability tools is finding a fitness buddy who you can turn to when your motivation falters. No matter what method you use, make sure you have a tangible way to stay accountable to yourself.

Leafy greens such as kale, spinach, collard greens, and Swiss chard are wonderful foods for reaching and maintaining a healthy weight. They pack fiber and nutrients, such as thylakoids that keep you satiated and hydrated. In a couple of studies, increased leafy green intake decreased cravings for unhealthy food. So, if you want to feel full longer and have less cravings, eat more leafy greens!

(Note: If you're taking medications, such as blood thinners like warfarin (Coumadin), speak with a healthcare professional or a registered dietitian about how many leafy greens you should eat daily to find the right balance. Leafy greens are high in vitamin K, which may interact with your medication.)

