

BMI Newsletter

Holiday Potluck

Wednesday, December 6 at 6:30 PM

Moreau Building, 1002 East South Temple, SLC, UT

Everyone is welcome! We will be tasting everybody's bariatric friendly, holiday favorites. Old or new patient, come and bring a friend, family member, or anyone you think would enjoy yummy treats, awesome people, and great conversation!



ASMBS Conference in Washington DC

At the ASMBS conference Dr. Cottam participated in a debate about whether the loop duodenal switch was better than the traditional duodenal switch, with refs included! Dr. Cottam and the loop duodenal switch won by 15 percentage points. Hooray for Dr. Cottam and the loop duodenal switch! Dr. Cottam also presented a lot of research at the conference. He had eight presentations! We are so excited about all of the research that BMI has been able to share with other professionals in the world of obesity surgery!

While at the ASMBS conference in Washington DC, Dr. Medlin was able to visit Senate offices from Michigan and California in support of the Treat and Reduce Obesity Act! This group included a patient from Maryland, an endocrinologist from NYC, other surgeons from Stanford University, Central Michigan University, and Ohio, and a nurse program director from Houston. Thanks for your efforts!



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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Wendy is one year out from a loop duodenal switch with Dr. Cottam and is down 110 pounds from her pre-op weight!

Miranda is down 111 pounds just 9 months since her sleeve gastrectomy with Dr. Medlin!

JoAnn is looking amazing just three years since her sleeve with Dr. Richards!

Channel Achenbach is down 203 pounds two years after her loop duodenal switch. She can now walk without her cane or stopping to rest and catch her breath. She has energy to cook, clean, interact with her children, and DANCE again! She does not take 23 medications anymore, and her blood pressure is down for the first time since 1998. She is happy, looking great, feeling great, and keeping the weight off!



Diana is down over 90 pounds two years after her loop duodenal switch with Dr. Cottam. She is even smaller than her goal size and off blood pressure meds and oxygen!

Julie is down over 100 pounds just two years since her loop duodenal switch with Dr. Medlin!

Richard Storlie is down 88 pounds after his loop duodenal switch 18 months ago!



Monica Honey is down 180 pounds one year after her loop duodenal switch!

Richard Tovar is down 140 pounds only 7 months after his loop duodenal switch!

Karen Cantrell is down 110 pounds two years after her loop duodenal switch!

Danica Azbill is down 130 pounds 18 months after her loop duodenal switch!

The Bariatric Medicine Institute Has Satellite Clinics

BMI of Utah holds clinics in Elko, Draper, Layton, and Rock Springs. You can follow up with dietary consultations, personal training and wellness coaching! Take advantage of what your program offers! If these locations are more convenient for you, here is the current schedule:

Elko, NV – 1st and 3rd Thursday of each month

Draper, UT – 1st and 3rd Tuesday afternoon of each month

Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month

Rock Springs, WY – Schedule Varies. Dr. Medlin will be there next on Nov. 17

Give us a call if you need to schedule an appointment 801-746-2885



Weight Loss Tips

We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



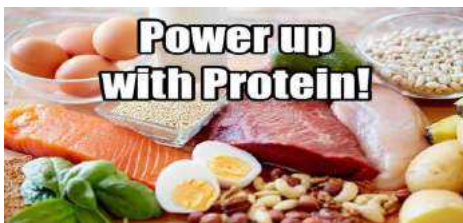
As we gear up for the holiday season, no one can escape celebrations that often revolve around food and over consumption. However, try to get into the mindset that the celebration is about building relationships with family and friends rather than eating.



Before a big meal or holiday party during this holiday season, ignore your mother and ruin your appetite with some healthy high protein food. If you go to a party that will be full of temptation, you will be less likely to overindulge if you are not starving. This is especially true if you are going to a party where no meal will be served or if you know nothing healthy will be available.



As you get ready for any holiday gathering, the only way to ensure you have something healthy to eat is to bring it yourself. You might taste small samples of other items, but if you bring something healthy, you can make it the focus of your dinner if nothing else is healthy.



Start your day with a high protein breakfast that will keep you full all day. "A study from Saint Louis University found that dieters who ate eggs for breakfast lost 65% more weight than those who had a bagel breakfast with the same number of calories." The same holds true at your holiday parties. Choose high protein foods, so you are less likely to return for seconds.

Surgeons We are Training

We welcomed four visiting surgeons from Australia to town last month. They were here to observe Dr. Cottam and Dr. Medlin perform many loop duodenal switches over two days. We also hosted them for an educational dinner and allowed them to see how the clinic runs. We hope they learn a lot and will be able to perform this life changing procedure when they return to Australia. We enjoyed hosting them.



Cauliflower Stuffing from delish.com

INGREDIENTS

- 4 tbsp. butter
- 2 large carrots, peeled and chopped
- 1 small head cauliflower, chopped
- kosher salt
- 1/4 c. chopped fresh parsley
- 1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
- 1 onion, chopped
- 2 celery stalks, chopped or thinly sliced
- 1 c. chopped mushrooms
- Freshly ground black pepper
- 2 tbsp. chopped fresh rosemary
- 1/2 c. vegetable or chicken broth

DIRECTIONS

In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.



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Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.

BMI of Utah

1046 East 100 South
 Salt Lake City, UT 84102
 (801)-746-2885
 (800) 381-2058 (fax)
reception@bmiut.com

*Aspire, Learn, Teach,
 Inspire*

Find us on the Web:
 bmiut.com



City Creek Surgical

Work is almost done on City Creek Surgical! We should start operating this month!

