

BMI UTAH NEWSLETTER

February 2023 BMI of Utah 801-746-2885

[Volume 69]

Support Groups

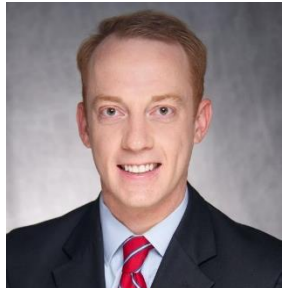
Dr. Medlin will do a Q&A support group on **Thursday, Feb. 9 @ 7:00 PM MST.**

Tracey will do a Facebook Live Support Group on **Wednesday, Feb. 15 @ 11:30 AM MST.**

Tracey will do Facebook Live workout on **Wednesday, Feb. 22 @ noon MST.**

Andrea will do a Facebook Live Support Group on **Tuesday, Jan. 28 @ 1:30 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.



Welcoming a New Mini-Fellow



Dr. Cottam, Dr. Medlin, and Dr. Mooers would like to welcome Dr. Graeme Hintz from Vancouver. He is doing a mini-fellowship with BMI Utah to learn how to perform the Loop Duodenal Switch. He just finished his minimally invasive surgery fellowship in Vancouver and is spending six weeks with BMI Utah learning our techniques. We are excited to share our knowledge with him before he returns to Canada to begin his own bariatric surgery 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!

Grilled Lemon Dill Salmon from simplyrecipes.com

Ingredients

- 4 (6-ounce) salmon fillets or steaks, preferably skin-on
- Kosher salt
- 2 tablespoons extra virgin olive oil, plus more to wipe down the grill
- 1/4 cup unsalted butter, room temperature
- 2 teaspoons chopped fresh dill
- 1 thinly sliced lemon, for garnish



Method

1. Prep the salmon and the grill:

Remove the salmon from the refrigerator and sprinkle a little salt over it. Let it sit at room temperature while you preheat your grill for high, direct heat.

2. Make the dill butter:

While the grill is heating, mix the fresh dill with the butter in a small bowl.

3. Grill the salmon:

When the grill is hot, scrape down the grates with a grill brush. Pour a little olive oil onto a paper towel and use tongs to wipe down the grill grates.

Coat the salmon in the remaining 2 tablespoons of oil and place it, skin side up, onto the grill grates. Grill over high heat for 2 to 4 minutes (depending on how thick your salmon pieces are) undisturbed.

Carefully turn the salmon with a spatula. If using a gas grill, reduce the heat to medium. If using a charcoal grill, move the salmon to the cooler side of the grill.

Cover and grill it for another 3 to 5 minutes, depending on how well done you prefer your salmon. The salmon should be just cooked through when done.

4. Serve:

To serve, place a few thin slices of lemon on each plate. Remove the salmon pieces from the grill (it's okay if the skin sticks to the grill grates) and place on the lemon slices. Top each piece of salmon with about a tablespoon of the dill butter and serve at once.

New Innovation!



Dr. Cottam enjoyed hosting instrument developers from Israel. We are working with them to develop a new coating to put on cameras used in surgery. This new product will help protect laparoscopic cameras from fogging and smudging, so that surgeons can more safely perform laparoscopic procedures. We are excited to be on the forefront of testing this new innovation!

Great Weight Loss Foods

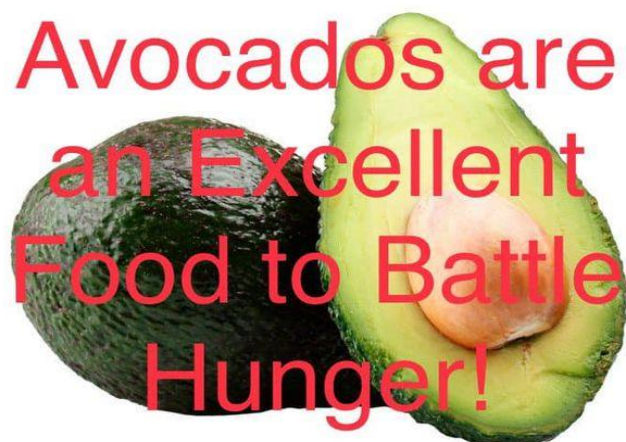
Cottage cheese is a great food choice after bariatric surgery because it's high in calcium and protein. It's especially good early on when consuming solid foods can be difficult. It pairs well with fruit as a light breakfast or lunch. It can also be used in recipes to add flavor and protein.





Fatty fish, such as salmon, tuna, mackerel, trout, sardines, and herring are excellent for your health. They contain quality protein and healthy fats, which help you stay satiated. Loaded with omega-3 fatty acids, they help with inflammation, which is a common problem with obesity. They are also great for a proper thyroid function, which keeps your metabolism running well. So, look for ways to add fatty fish to your healthy diet.

Avocados are an excellent food to battle hunger. They are full of fiber and healthy fat which helps decrease hunger. Keep in mind that avocados are calorically dense, so be careful with portion size, but in moderation they can be a great addition to meals to make them more satiating.



Full fat Greek yogurt can be a great food for weight loss. Greek yogurt is full of amino acids, vitamin D, calcium, and healthy probiotics, which can all be beneficial for healthy weight loss. Many studies have found those who eat yogurt daily lose weight better than those who do not. With all the protein in Greek yogurt, it can be a great way to start the day, especially if you have trouble eating eggs in the morning. It can also be used in many dips and dressings for added protein.