

BMI Newsletter

Support Groups

We will be holding five online groups this month.

Tracey will do a Facebook Live workout at 7:15 AM MST on Thursday, January 10 and Tuesday, January 22.

Andrea will do an Online Support Group on Tuesday, January 15 at noon MST where she will discuss vitamins after bariatric surgery.

Tracey and Andrea will do an Online Support Group Live from the grocery store on Thursday, January 31 at 1:00 PM MST. They will give suggestions of foods to choose and foods to avoid as you work to reach your weight loss goals.

Dr. Richards will do an Online Support Group on Wednesday, January 23 at 7:00 PM MST. She will discuss how to reboot for the new year.

If you are a BMI patient, please join our Facebook online support group to participate in these 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. The other patients are very helpful, so please join.



Why Weight Loss Surgery Works

This is a great article that explains in easy terms why weight loss surgery is so helpful to those struggling with obesity and its related diseases. Share it with friends that may questions your decision.

https://www.nytimes.com/2017/02/13/well/why-weight-loss-surgery-works-when-diets-dont.html?fbclid=IwAR34aOSaCo-ozIJ9JCqylf9Ynnr6S3_xS8B4K2hnOG_CDhXPocxwJyPcB0



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Long Term Weight Loss Success!

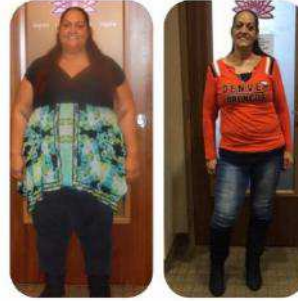
Congratulations to our Amazing, Hard-Working Patients!



Steven Garven--One year after his sleeve gastrectomy, and he has lost 82 pounds. He says, "At the beginning I was really hesitant to have the surgery done. It was a hard decision, but after I got it done it changed my life! I feel better, am off all my prescription medications, and have a lot more energy. Great staff to help out. Best thing I EVER DID!"



O. "Cerie" Steward Foster--She had a loop duodenal switch with Dr. Cottam in 2011 and has lost over 200 pounds. She says, "Dr Cottam saved my life. Since the surgery I've had skin removal surgery, and my current weight is 150lbs from 356lbs. I never felt better about my body size. I am amazed at how my body has transformed into the butterfly that I've always dreamed about! I am no longer that caterpillar stuck inside of a fat cocoon. All my life I fought food addiction and now I have conquered that addiction. Thank you, Dr. Cottam and the staff of BMI, for your help with the start of my weight loss journey."



Teresa Salazar--One year after her Gastric Bypass with Dr. Richards, she has lost 160 pounds, and says, "This tool, I have been given, has changed every aspect of my life, I am a success." She is much healthier and has more energy. Before surgery she had an A1C of 9.7 and was on 6 diabetes medications. Now she has an A1C of 5.5 and takes no medications. She also now can keep up with her grandkids!



Echo Skinner—She had a Sleeve Gastrectomy one year ago, and has lost 84 pounds. She says the best thing about having surgery and losing the weight is how easy it was and how good she feels now! She is having fun shopping for clothes again. She says it is the best decision she ever made.



Shelly Timmerman--One year after her sleeve gastrectomy with Dr. Richards, she is down 76 pounds



Christina Feather--One year after her gastric bypass with Dr. Richards, she is down 100 pounds, and can now keep up with her 3-year-old daughter!



Erin Stanger-Roth--She had a Sleeve Gastrectomy with Dr. Richards one year ago and is down 90 pounds!



Marcia Goodrich--She is one year out from lap band removal to sleeve gastrectomy. Marcia was our very first patient in our new surgical center, City Creek Surgical, after we opened. She is doing amazing!

Hot Artichoke Parmesan Spread from bariatriceating.com

Ingredients

- Two 14-ounce can artichoke hearts, drained and chopped
- ½ cup freshly grated Parmesan cheese
- One packet, Knorr Leek Soup Mix
- ½ teaspoon garlic powder
- 1 tablespoon lemon juice (1/2 fresh lemon)
- 3 tablespoons Hellmann's Light Mayonnaise
- One, 6-ounce cup Fage Total Greek yogurt
- Freshly ground black pepper



Instructions

1. Blend the artichokes, Parmesan, soup mix, garlic, lemon juice, mayonnaise, yogurt and ½ teaspoon black pepper - spoon into a shallow baking dish. Refrigerate until ready to bake and serve.
2. Preheat oven to 375 F and bake 30 to 40 minutes, until bubbling and lightly browned.

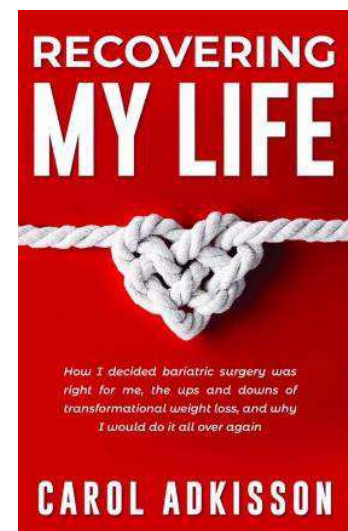
Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.

Join Us as We Read a New Book: Recovering My Life by Carol Adkisson

Each Friday we will cover a chapter of this book which is about one woman's weight loss journey and what she learned along the way. Adkisson claims, "This book is written to bariatric patients that have been or will be in the weight loss process. I am a Licensed Marriage and Family Therapist. As a clinician that has been through the surgery personally, I wanted to share both my own personal journey and offer my hand up to encourage those in their own method of losing weight."

We hope you will join us each Friday on Facebook to make comments and share your own journey. Those who share and react to the book will be entered in a drawing for the next book we read.

Congratulations to Dorrie Gibson! She won our last drawing and now has a copy of Recovering My Life to read with us.



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.



Don't be afraid to say, "No thank you," when you are offered unhealthy foods at parties or family gatherings. Practice what you will say such as, "That looks delicious, but I'm saving room for ____." Don't let your desire to be polite derail your healthy choices. It is okay to say, "No."

SMART Goals	
S pecific	What exactly will you do?
M easurable	How will you know if you meet your goal?
A chievable	What steps are you going to take to reach your goal?
R elevant	What about your goal makes it important to you?
T imely	When do you want to complete your goal?

When you set goals for the New Year, try to make them SMART. Be specific with what you want to accomplish such as, "Stop eating white flour." Have a way to measure the goal such as keeping a food journal to check your progress. Make sure you spell out ways you can achieve the goal such as "Instead of cereal in the morning, I'll eat eggs." Make sure YOU actually care about the goals and that they are realistic, and finally, set a time period, so you can have a specific time to measure progress such as, "Stop eating white flour for two weeks."

BMI Holiday Fun

All of us at BMI got together for a fun holiday party with a little bowling. We had a great time together.

We hope you all had a wonderful holiday season!



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*Aspire, Learn, Teach,
Inspire*

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
ASPIRE. LEARN. TEACH. INSPIRE.

Cutting Edge Equipment

City Creek Surgical will be the first center on the Wasatch front to use a new endoscopy technology which is much more sensitive at detecting cancer. We are very excited about this opportunity to better serve our patients!

Pictured: Connie, our scrub tech;
Kelly, the device representative; and
Dr. Cottam

