

BMI UTAH NEWSLETTER

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[Volume 80]

Support Groups

Dr. Mooers will do a Support Group covering the FAQ's with Weight Loss Surgery on **Tuesday, Jan 2 at 4:00 PM MST**. He will do it on Zoom. The link is

<https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQrVUV5NTF6N1VtQT09&omn=85996706010>

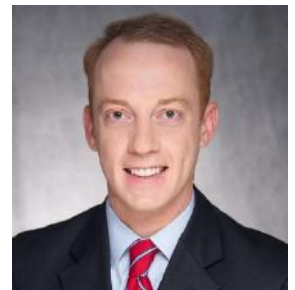
The Meeting ID is 997 510 3059 and the Passcode is 770583

Tracey will do a Facebook Live Support Group on **Thursday, Jan. 11 @ 2:15 PM MST**.

Tracey will do Facebook Live workout on **Monday, Jan. 15 @11:45 AM MST**.

Andrea will do a Facebook Live Support Group on **Monday, Jan. 29 @ 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.



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!

Congratulations!



Erin Fuller is one year post surgery, and she is down 133 pounds and 171 pounds from her high weight! She says, "The biggest thing that has changed is that I'm able to have an active part in my just turned 6-year old's life. Life is sweeter, and I'm able to enjoy so many moments that wouldn't have been possible before! I truly believe this surgery has changed my life! I wish I would have done it 15 years ago!!" Way to go, Erin. Keep up the hard work!

Traci Sgrignoli has officially lost 100 pounds from her highest weight! She is grateful to BMI for all their support, and all of us at BMI Utah are proud of her hard work! Way to go, Traci!



Sharing Our Expertise

Last month Dr. Cottam and Dr. Medlin enjoyed teaching five surgeons from Portland, Oregon and Los Angeles, California this week. They taught these doctors about the Loop Duodenal Switch and allowed them to watch a few procedures. We enjoyed hosting them and hope they can now implement this life changing procedure into their practices!



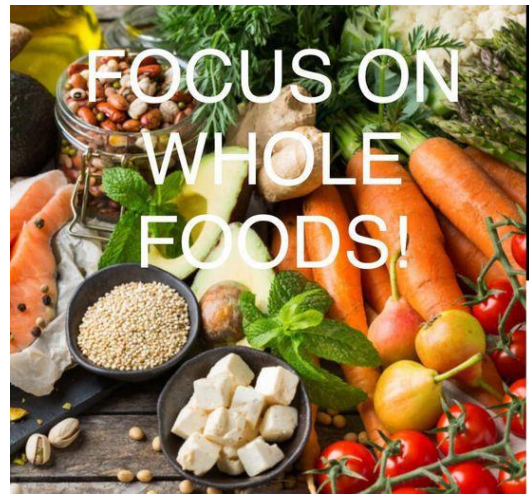
Last month Dr. Cottam gave a presentation to the International Bariatric Club on how to avoid vascular injuries in bariatric surgery. He presented online and was able to share his research and expertise with surgeons all around the world.

In December, Dr. Cottam visited the DC area to proctor a surgeon that wanted to begin performing the Loop Duodenal Switch. He was excited to teach her about this life changing surgery and hope she can implement it into her practice.



Weight Loss Tips

Eat whole foods rather than processed foods. Because of all the sugars, fats, and salts that are added to processed food, they keep us wanting more. Research has shown that people who eat whole foods rather than processed foods tend to eat 500 calories less per day.



Don't go to parties famished. When you are really hungry, and you're faced with a lot of options, you will tend to overeat. It's a good idea to have a high protein snack before arriving at the party, so you will have more self-control. Some good ideas for pre-party snacks are cheese sticks or apples with unsweetened peanut butter.

Planning ahead is important to preventing weight gain. Before you attend a party, decide what and how much you will eat. You can also bring your own healthy dish to eat if you know nothing healthy will be available. You are much more likely to eat healthy if you write down a plan before the temptation arises!



As the new year begins, resolve to make time to exercise. To avoid excuses, it is important to put exercise in your daily calendar. Be consistent rather than trying to do too much at once. Find something you enjoy doing like walking, hiking, playing pickleball, or taking an exercise class. Try to exercise at least five days a week for 30 minutes a day. Exercising with a friend can make it a lot more fun as well.

Cauliflower Tots

from bariatricfoodcoach.com

Ingredients

1 head cauliflower
8 tbsp low-fat grated parmesan cheese
1/4 tsp garlic powder
2 large eggs
pinch each salt and pepper
spray butter



Instructions

1. Preheat oven to 425F. Meanwhile, prep the cauliflower by cutting off stems and leaves and roughly cutting into small sizes. Add cauliflower to a food processor in batches and pulse until finely grated and looks similar to rice.
2. Move to a microwave safe bowl and add 2 tbsp water. Microwave for 4 minutes. Remove from microwave and drain.
3. Add eggs, parmesan cheese, salt and pepper and garlic powder. Mix well until combine. Using a cooking scoop or spoon, divide cauliflower mixture evenly onto baking sheet or baking stone. Shape a little into tots.
4. Spray tops of the tots with butter spray. Bake for 18 minutes. Remove, let cool and serve.