

Support Groups

Tracey will do a Facebook Live Support Group on Wednesday, July 6 @ noon MST.

Tracey will do Facebook Live workout on Monday, July 18 @ noon MST.

Andrea will do a Facebook Live Support Group on Thursday, July 21 @ 1:00 PM @ 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.



Teaching at the ASMBS Conference

Dr. Cottam enjoyed attending the ASMBS conference in Dallas. While there he enjoyed acting as a moderator at a session about the Loop Duodenal Switch (SADI-S) as well as teaching a full day course about the Loop Duodenal Switch (SADI-S). At the course, he was assisted by Andre Texiera from Orlando Health and Konoor Jain-Spangler from Duke. He was also interviewed on Dr. Neil Flock's podcast. If you would like to watch, [click here](#)



Congratulations!

Congratulations to Lindsay on her amazing success. Her story is inspirational:

‘I’ve never been considered “skinny” but have always been healthy. That is until the birth of my last child. I ended up being diagnosed with Type II diabetes and things quickly went downhill from there. I also ended up on high blood pressure and cholesterol medications. The doctors and I couldn’t get my diabetes controlled and within 2 years I was using an insulin pump. I exercised and ate right and did everything the doctors told me to do, and yet not only could I NOT lose weight, I kept gaining it. It became a vicious cycle. Doing all the things I should, seeing no results, getting depressed and then doing all the things I shouldn’t because of being depressed. I ended up gaining

over a hundred pounds. I was now on depression and anxiety medications along with all the other medications. It was all I could do to get through the workday, there was nothing left for me to give my family by the time I got home. I was too exhausted and aching to do anything with them. I finally got to the point that something needed to change because this was no life and my family and I deserved better!

I had my duodenal switch surgery in December 2020 and have lost a total of 120 pounds. But more importantly than that, I am no longer on an insulin pump, all other meds have been reduced and I no longer need anxiety medication. I can take the dog for a walk. I was recently lucky enough to be able to volunteer to go to the zoo with my youngest daughter’s school class. I walked the entire zoo and kept up with a bunch of 2nd graders and never needed to stop and rest. It was a major moment for me realizing that I could do everything I always wanted to do, but never had the energy to. I can play at the park with my granddaughter. Her favorite thing is building sandcastles and I can sit in the sand with her and build them. I can walk the mall for hours on end with my teenager and not worry about how swollen my feet are going to get, or how tired and sore I’m going to be later. My husband and I recently purchased scooters so we can go riding with our daughters and granddaughter. These are all things I haven’t been able to do in years! I can finally give my family the best of me and live my best life. I am so thankful and happy for the opportunity and ability to do all of these things and to make these memories with my family.”





Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, 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!

Nik's Buffalo-Style Meatballs from bariatricfoodie.com

Ingredients:

- ½ a large onion, finely diced (I used a Vidalia)
- ½ a large green pepper, finely diced
- ½ c. Textured Vegetable Protein, ground into crumbs
- 1 lb. ground chicken or turkey
- 1/3 c. unflavored Greek yogurt
- ½ c. blue cheese crumbles
- ¼ tsp. each: garlic powder, onion powder, ground black pepper
- 1/8 tsp. salt
- 2 tbsp. + the rest of the bottle of your favorite Buffalo
- 2 c. Buffalo wing sauce



Directions

1. Pre-heat your oven to 350 degrees.
2. In a bowl, combine onion, peppers, TVP, meat, yogurt, cheese and finally 2 tbsp. of Buffalo Sauce and spices. Mix thoroughly (I do it with my hands) and then allow it to sit for a few minutes. (Why? Because TVP soaks up the moisture of food it is combined with and this process takes a moment or two).
3. Using a meatball scoop (or, like me, a tablespoon measure), scoop out meat mixture and roll into balls. Place them on a large cookie sheet that's been sprayed with nonstick cooking spray OR for easy clean up, that is lined with parchment paper.
4. Bake your meatballs for 30-40 minutes or until done all the way.
5. Most meatball recipes call for you to cook the meatballs in the sauce for some time. I do not call for that in this recipe because if you are freezing some, they should be frozen alone. If you are making them for an occasion where you anticipate serving the entire batch at one time, I would say instead of doing the cookie sheet/parchment thing, use a big casserole dish.
6. Bake the meatballs for about 15 minutes without the sauce then add it and cook it the additional time until done through.

Weight Loss Tips

As we enter the summer season, produce is at its freshest and tastiest. It's important that you include produce with every meal and snack. If you're having eggs in the morning, add some spinach or tomatoes to them. At lunch always include something like a carrot or an apple. Optimally half of your meal should be some form of vegetable or fruit! (However, avoid overdoing tropical fruits which are much higher in sugar.)



Everyone has stress, but too much of it can affect your hormones and lead to weight gain. Consequently, we all need to find small ways to relax and stay calm. This might be as simple as sitting back in a chair and watching the sunset or calling up your friend just to chat. Planning time each day to do something that relaxes you is important self-care on your weight loss journey.

If you're having a hard time motivating yourself to exercise, it's a good idea to sign up for something like a 5K walk or run or maybe plan a big hike with some friends or some other physical experience with a set date that you need to get ready for. The event will give you motivation to work out each day. It's even better if you do it with a friend who will add a little peer pressure to keep you on track.



Broccoli is an excellent food choice for numerous reasons: it is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables and is low in carbs. Some studies even suggest that it helps prevent cancer, lowers cholesterol, and improves eye health. Try to find ways to add this vegetable to your diet in new ways.