

BMI UTAH NEWSLETTER

March 2024 801-746-2885

[Volume 82]

Support Groups

Dr. Cottam will do a Support Group on **Wednesday, March 13 at 7:00 PM MST**. He will discuss the new work he is doing with hormones.

He will do it on Zoom. The link is

<https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQRVUV5NTF6N1VtQT09&omn=83950537941>

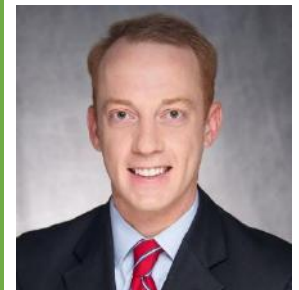
The Meeting ID is 997 510 3059 and the Passcode is 5dRCpL

Tracey will do a Facebook Live Workout on **Monday, March 18 at 11:30 AM MST**

Andrea will do a Facebook Live Support Group on **Wednesday, March 20 @ 1:15 PM MST**

Tracey will do a Facebook Live Support Group on **Monday, March 25 @11:30 AM 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.



Sharing our Expertise

BMI's research paper entitled "Single Anastomosis Duodenal Switch versus Roux-en-Y Gastric Bypass in patients with BMI \geq 50 kg/m²: A Multi-Centered Comparative Analysis" was accepted for publication in Surgical Endoscopy. This was a great collaboration between Bariatric Medicine Institute Utah, Orlando Health, and the Mayo Clinic in Rochester.

Also, the research paper, "A Multicenter Prospective Study on Outpatient Sleeve Gastrectomy," was accepted in the Obesity Surgery Journal. The link to read it is https://link.springer.com/article/10.1007/s11695-024-07094-8?fbclid=IwAR05wuycOqcmjQ-fBGYUjHs4nevuDEwdk1dhvdvg9TROeXTcr_I3PrggG7g

We are thrilled to share our findings with surgeons around the world!

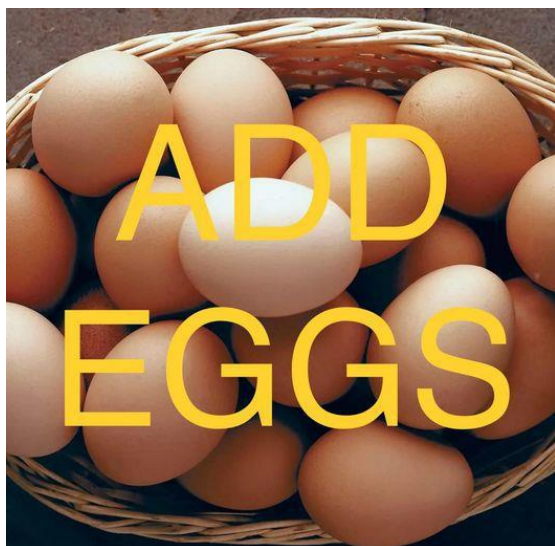


Let Us Celebrate You!

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!

Weight Loss Tips

SLOW DOWN! Slowing down as you eat, allows you to not only enjoy your food more, but to give your body time to realize it is full. Work on chewing each bite slowly and deliberately and paying attention to your body so that you can stop when you've had enough.



Add eggs to your healthy diet. Eggs are low in calories, high in protein, and full of nutrients. They are a great food to reduce your appetite and increase fullness. Eating eggs for breakfast has been found to increase weight loss over other typical breakfast foods. So, if you're not eating eggs, you should give them a try.

Fill up on non-starchy vegetables. These vegetables include leafy greens, broccoli, Brussels sprouts, cauliflower, zucchini, tomatoes, peppers, mushrooms, onions, and many more. These are all incredibly filling and nutrient dense. They also have been linked to reduced inflammation, so try a new non-starchy vegetable today!



Buffalo Lettuce Wraps from mybariatricsolutions.com

Ingredients:

2 Tbsp olive oil 1/3 cup

Frank's Hot Sauce or favorite buffalo sauce

¼ cup diced celery

1 cup diced onion

1 cup shredded rotisserie chicken

4-6 leaf lettuce (Butter, romaine or leaf)

Toppings/ Condiment Ideas (choose 1 or all):

Diced tomatoes

Diced avocado

Low fat shredded cheese

Blue cheese crumbles

Greek yogurt

Low fat ranch

Directions:

Add olive oil, hot sauce and diced onion and celery to a medium hot pan. When onions and celery are cooked through and soft add shredded chicken and stir till hot.

Serve on choice of leaf lettuce.

Top the wrap with your choice of topping/ condiment

