

BMI Newsletter

Support Group

This month our PA, Madison, will be conducting a Question and Answer Session on March 20 at 6:00 PM at the BMI Office.

Also, if you are a BMI patient, please join our Facebook online support group. Look for "BMI Online Support Group" in Facebook groups and ask to join. If you have trouble finding this, message us on Facebook with your email, and we will send you an invitation.

This is an amazing forum to ask questions, voice concerns, celebrate successes, and help others who are on your same journey. The other patients there are very helpful, so please join. We will also be occasionally holding online support groups for members.

Please check our Facebook Page and our website at www.bmiut.com under the seminar tabs for any updates 😊



Doctors from around the Country that We are Training

This month Dr. Cottam hosted surgeons from Seattle and Tacoma, Washington and Buffalo, New York. He taught them about the loop duodenal switch, and they were able to observe him operating. We hope they learned a lot and can implement this life changing procedure into their practices when they return home.



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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Donald is two years out from a sleeve gastrectomy with Dr. Medlin and has lost more than half his body weight. He is down 225 pounds and looking amazing!



Adam had a sleeve gastrectomy a year ago and has lost 230 pounds so far!



David St. John is down 70 pounds six months after his sleeve gastrectomy with Dr. Cottam. David has been able to decrease his blood pressure meds by 70% and has more energy and is able to get on the ground and play with his dog without knee pain.



Steven is 9 months out from his loop duodenal switch with Dr. Cottam and is down 189 pounds and off of all his blood pressure meds. He can do anything he wants now!



Speaking Around the Country

Dr. Cottam was the keynote speaker at the Texas chapter of ASMBS last month in Austin, Texas. He was able to teach all the Bariatric surgeons there about the amazing results of the loop duodenal switch. He enjoyed meeting and teaching all of these doctors. Since Dr. Cottam was raised in Texas, it was nice to go back!

The Bariatric Medicine Institute has Satellite Clinics!

BMI of Utah holds clinics in Elko, Draper, Layton, and Rock Springs. You can follow up with dietary consultations, personal training and wellness coaching! Take advantage of what your program offers! If these locations are more convenient for you, here is the current schedule:

Elko, NV – 1st Thursday and 3rd Monday of each month

Draper, UT – 1st and 3rd Tuesday afternoon of each month

Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month

Rock Springs, WY – 3rd Friday of each month

Give us a call if you need to schedule an appointment 801-746-2885



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.



To avoid temptation, try to not stock junk food – such as chocolate, cookies, chips, and sodas– at home. Instead, opt for healthy snacks, such as fruit and vegetables. It is harder to be tempted at home if the food isn't easily accessible.



Try a new vegetable or one you haven't tried in a long time. What about snap peas? Or jicama? Or find a new recipe for your favorite vegetable. This will add some healthy variety and excitement to what could becoming a stale or unexciting diet.



This is the time of year when New Year's resolutions start to fall. If you slip and eat food you shouldn't or your weight goes up, it is easy to say, "I'm just a failure." Or "What's the point? I'll always be fat." Everybody slips, but those who succeed, don't see these mistakes as reasons to quit. Rather they see them as learning experiences, so that they can try again. Don't let a setback destroy your efforts.

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.

Ideas from Last Month's Support Group

This month at support group we discussed happy calories! We discussed how not eating or eating less will slow down your metabolic rate because your body is not having to work. That being said you need all the right types of protein, carbs, fats, and sugars. You want your body to work to produce enzymes to break down your food, thus, increasing your metabolic rate for weight loss! If your body does not have the right fuel, proteins, and fibers it cannot burn efficiently. When you give it refined carbs and sugars, your body does not have to attack your fatty stores for fuel which is why you may stall or not lose weight as quickly as you would like. Remember, eat and make good fuel choices because food is just that, FUEL!!

Come talk to us or schedule a telephone consult to talk about fuel choices, correct exercises for the fuel you are getting in, and any stress or worries that you may have that are hindering your choices! We are here to help.

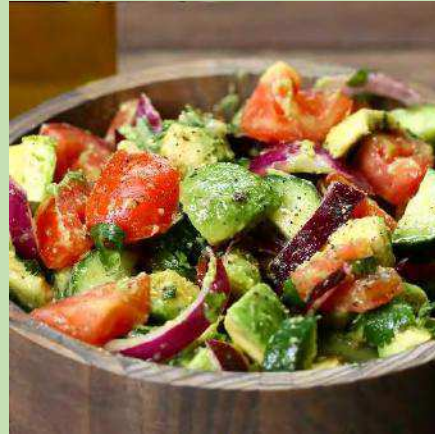
Cucumber, Tomato, And Avocado Salad from Tasty.co

Ingredients

- 1 English cucumber, diced
- 4 roma tomatoes, diced
- 3 ripe avocados, diced
- ½ red onion, diced
- ¼ cup fresh cilantro, chopped
- 1 lemon, juiced
- salt, to taste
- pepper, to taste
- 2 tablespoons extra virgin olive oil

Preparation

1. Slice then dice cucumber.
2. Slice then dice tomatoes.
3. Slice avocado and carefully remove stone. Scoop out inside and dice.
4. Peel onion and remove tops. Then slice.
5. Chop cilantro and place in a large salad bowl with previous ingredients.
6. Toss with olive oil, lemon juice, salt and pepper. Serve in a bowl.
7. Enjoy!



Skin Removal Following Bariatric Surgery

In our surgery center we provide the following services:

Panniculectomy

Panniculectomy is a body contouring surgical procedure that removes hanging fat and skin after a Bariatric patient plateaus following weight loss surgery. This can be performed as a stand-alone procedure or combined with a tummy tuck (abdominoplasty). Panniculectomy may sometimes be covered by insurance if the following exist:

- Severe Rash with Pictures
- Sores
- Back Pain
- Sexual Function Difficulties
- Bathroom Difficulties
- Hygiene

Abdominoplasty

Abdominoplasty or “tummy tuck” is a cosmetic surgery procedure used to make the abdomen thinner and firmer. This can be performed with a Panniculectomy.

Brachioplasty (Arm Lift)

Brachioplasty or commonly called “Arm Lift”, is a surgical procedure to reshape and provide improved contour to the upper arms connecting the area of the chest wall. While “brachioplasty” is commonly used to describe a specific procedure for the upper arms, the term can also be used to describe any surgical arm contouring procedure.

These procedures are commonly considered cosmetic and not covered by medical insurance. Self-Pay pricing is listed on the back of this form for your consideration. Make an appointment with Dr. Legrand Belnap to discuss these options by calling 801-746-2885.

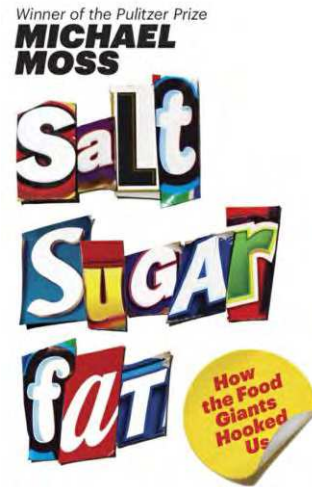
Skin Removal Self Pay Pricing

Panniculectomy (Tummy Tuck) City Creek	City Creek Panni			
Office Consultation	Bill Insurance or \$200			
Surgeon Fee	\$ 1,500.00			
Anesthesiologist Fee	\$ 1,000.00			
Assistant Surgeon	\$ 500.00			
Surgery Center	\$ 1,500.00			
Total Surgery Cost	\$ 4,500.00			
Brachioplasty (Arm Lift)	City Creek Arm Lift			
Office Consultation	\$ 200.00			
Surgeon Fee	\$ 1,600.00			
Anesthesiologist Fee	\$ 1,000.00			
Assistant Surgeon	\$ 500.00			
Surgery Center	\$ 1,500.00			
Total Cost	\$ 4,800.00			
Add \$1000 for Abdominoplasty with a Panniculectomy.				
Please Note:				
* All self-pay prices are discounted prices from our original pricing and are being offered to self-pay patients only .				
* Included in the price of the surgery is follow-up care for the first year following surgery.				
* Although complications are rare the pricing above does not include any unforeseen complications.				
* Note if a Psychological Evaluation is Required the cost is \$250 not shown above.				
* Prices subject to change without notification.				
Updated: 02/21/2018				

Book Review: Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss

For the next few months we will be discussing Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss. This is a fascinating book about how Food Producers use these three ingredients and a lot of science to make us want to eat more of their often-unhealthy products. It is fascinating to read and see how food producers often manipulate our cravings and even our satiety. A few intriguing ideas from chapters 4-6 include:

1. Some cereals are as high as 70% sugar. Many nutritionists think cereal should more properly be labeled “candy.”
2. The soda industry’s marketing is intense. They literally own shelves and coolers in convenience stores and advertise extensively to keep their “heavy users” and gain new ones, especially among teenagers.
3. Non-soda, sugary drinks like to pretend they are healthy by saying things like “made with real fruit” when they only have a tablespoon of fruit juice per serving or they use “fruit juice concentrate” which is really just sugar made from fruit. Mothers especially believe these claims and think they have purchased something healthy.



Don't be duped by these professional marketers and help your children learn to beware.

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*Aspire, Learn, Teach,
Inspire*

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