

BMI Newsletter

Upcoming Support Groups

May 9 @ 6:00 at Davis Hospital Classroom 2, 1600 Antelope Dr., Layton

May 21 @ 5:00 at the Elko County School District Offices, 850 Elm Street

May 24 @ 6:00 in the Moreau Building, 1002 E. South Temple, SLC
Do you ever have aches and pains, maybe even balance issues after surgery? These groups will focus on the how to balance your body as weight is shifting off your body so quickly and why this happens!

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 are very helpful, so please join.

We will also be holding an online support group with Dr. Richards for members on Wednesday, May 23 @ 7:00 – 8:00.

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



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Presentations

Dr. Medlin presented a paper on revising Sleeve Gastrectomy to Duodenal Switch at the SAGES conference in Seattle. We love sharing our research to help other doctors better treat their patients.



Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Gloria Otto had a loop duodenal switch with Dr. Cottam one year ago is down 50 pounds and looking great!



Linda had a sleeve gastrectomy a year ago with Dr. Cottam and has lost over 90 pounds!



Elizabeth has lost 60 pounds since her sleeve gastrectomy surgery a year ago with Dr. Medlin and is working up to running a 5k!



Sue is 5 years out from a loop duodenal switch and has lost 150 pounds, more than half her starting weight! She is celebrating her 50th wedding anniversary this summer!

The Pan American Conference on Bariatric Surgery

Dr. Cottam loved teaching and meeting with other professionals working in Bariatric surgery in Central and South America at the Pan American Bariatric Conference in Miami, Florida! Dr. Cottam enjoyed presenting his research on outpatient sleeve gastrectomy and the loop duodenal switch (SIPS).



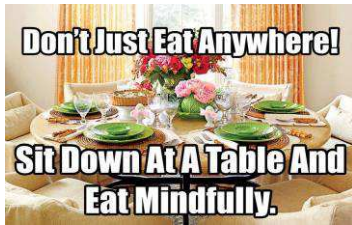
The Bariatric Medicine Institute has Satellite

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



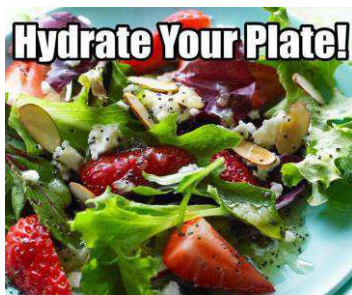
We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



Make a point of always sitting down at a table to eat, rather than dining by the light of your computer screen or TV set. Focus on what you're eating—including how it looks, smells, and tastes—and you'll be less likely to continue eating after you're full.



When you go grocery shopping, focus on the perimeter of the store where most of the whole foods are sold. The perimeter is where most of the fruits, vegetables, meats, and dairy are sold. Most of the processed food is in the aisles. If you avoid these aisles all together, you will more likely buy healthy food and not be tempted by as many high sugar, processed foods.



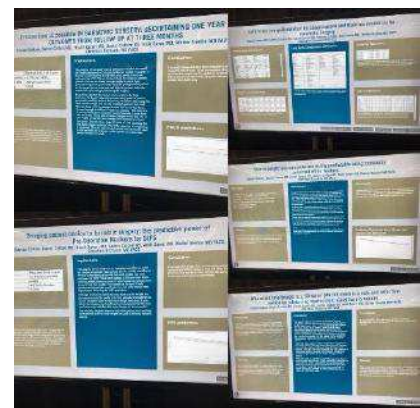
"Water-rich foods, like fruits and vegetables, help to keep you hydrated and feeling fuller, longer," says Rima Kleiner, RD, a Greensboro, NC-based nutrition expert. "High-water foods also tend to be loaded with dietary fiber, vitamins, and minerals like potassium, which helps counter the bloating sodium in salty or processed foods." And drink plenty of water since thirst can sometimes feel like hunger. Just don't hydrate with sugary drinks.



It is especially important for post Bariatric patients to slow down and fully chew their food. It will help avoid the nausea that can follow after surgery when large chunks of food don't digest well. Not only does it help with smooth digestion but learning to slow down and fully chew your food, will help you eat more mindfully and thus eat less for a lifetime.

Poster Presentations

BMI researchers presented five posters at the ASMBS conference in Seattle this week. The posters discuss topics ranging from what mesh to use in hiatal hernia repairs, to how doctors can predict and help patients choose which surgeries will be the most successful, to how SIPS (loop duodenal switch) resolves diabetes better and has fewer complications than the gastric bypass. Congratulations to our researchers, Austin Cottam, Samuel Cottam, Amit Surve, and Hinali Zaveri, as well as all our doctors, Dr. Daniel Cottam, Dr. Walt Medlin, and Dr. Christina Richards!



Paprika and Yogurt Chicken Skewers from foodcoach.me

Notes: This recipe will need to marinate 20 minutes before cooking. If using wooden skewers, soak in water for 30 minutes prior to grilling.

INGREDIENTS

- 1 lb. boneless, skinless chicken breast, cubed
- 1 cup 0% fat, plain Greek yogurt
- 1/2 lemon, juiced
- 1 tsp paprika
- 1 tsp minced garlic
- 1/4 tsp each salt and pepper

INSTRUCTIONS

1. In a medium bowl add yogurt, lemon juice and seasonings. Mix well.
 2. Add cubed chicken to the bowl and use a rubber spatula to coat chicken with yogurt mixture. Cover and marinate in the refrigerator 20 minutes.
 3. Heat outdoor grill to medium high heat.
 4. Remove chicken from refrigerator and thread on skewers. Coat grates with olive oil or cooking spray and add skewers to the grill. Close lid. Let cook for 5 minutes then flip skewer. Cook 5 minutes more and remove.
 5. Let cool until slightly until able to handle. Use a fork to remove chicken from skewer and serve with vegetables.
- RECIPE NOTES: This recipe provides 6 servings. Each serving provides an estimated 29 grams protein, 3 grams carb, 3 grams fat.



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.

Grocery Shopping Tips

Our patients on Facebook shared some great tips for not giving into temptation while grocery shopping. Here are a few of the tips:

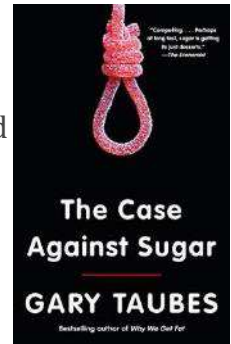
1. Have a list--it'll help keep you on track.
2. Use a basket instead of a cart--you'll have less room
3. Shop the perimeter.
4. Make a list and stick to it.
5. Don't go down aisles you know you will struggle with.
6. Don't go hungry
7. Clicklist!!! Online grocery shopping is so nice if you get tempted and it is easier to stick to a list.
8. I sing my version of Dori from Nemo "🎵🎵🎵 Just keep walking ..Just keep walking, walking, walking, walking🎵🎵🎵🎵 Walk by fast!

Our Next Book

Our new book is The Case Against Sugar by Grey Taubes.

It looks at the unbelievably bad health consequences of sugar, including diabetes and obesity gripping our country and the whole westernized world. It examines the rise of diabetes over the last hundred years throughout the westernized world and shows the direct correlation with the rise of sugar consumption. The book then argues that sugars are the fundamental causes of diabetes and obesity because they have unique physiological, metabolic, and endocrinological (i.e., hormonal) effects in the human body that directly trigger these disorders. The book also argues that the insulin resistance associated with diabetes affects or causes many other common diseases today including heart disease, inflammatory bowel disease, and asthma, just to name a few.

We will be discussing it each Friday for the next three months and anyone who joins the discussion on Facebook, will be entered into a drawing to win a copy of Taube's other fascinating book, Why We Get Fat and What to Do About It. The drawing will be held on July 27th.



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Inspire*

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

The last three chapters of Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss focus on salt. As Campbell's Soup's CEO put it, "no salt, no flavor; no flavor, no buy." Salt is essential for almost all processed food. "Salt is nothing less than a miracle worker in processed foods. It makes sugar taste sweeter. It adds crunch to crackers and frozen waffles. It delays spoilage so that the products can sit longer on the shelf. And, just as importantly, it masks the otherwise bitter or dull taste that hounds so many processed foods before salt is added."

As some of their sales lagged, Frito Lay found that as people age their craving for salt decreases. However, as they age, adults are eating more snacks overall. In fact, their consumption is going up about 1/3 of a pound per year. This increased snacking might be one reason people tend to put on weight as they age. Frito Lay sees Cheetos as the ultimate snack for numerous reasons. "A key one is the puff's uncanny ability to melt in the mouth like chocolate. 'It's called vanishing caloric density,' Steven Witherly said. 'If something melts down quickly, your brain thinks that there's no calories in it, and like popcorn, you can just keep eating it forever.'" This vanishing caloric density is one reason snacks are so deadly to weight loss. A long-term study in the New England Journal of Medicine found the potato chip to be the single worst food in terms of weight loss.

As we realize how much sugar, fat, and salt are used by the processed food industry to lure us to eat more of their products, we can better combat the marketing, food placement, and taste allure in our diets. This book was a great guide to all of the tricks

