

BMI Newsletter

Support Groups

Tracey will do a Support Group on Wednesday, May 5 at 2:30 PM MST. She will discuss how to have a healthy and productive metabolic relationship.

Dr. Cottam will do a Support Group on Monday, May 10 @ 7:00 PM MST.

Tracey will do Facebook Live mindful meditation on Wednesday, May 12 @ 2:00 PM MST. This will focus on finding a place of acceptance and gratitude.

Tracey will do a Quick and Effective Resistance Band Routine on Thursday, May 20 @ 12:15 PM MST.

Andrea will do a Facebook Live Support Group Wednesday, May 26 @ 4:00 PM MST. She will be sharing healthy recipes.

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 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!

Proctoring Surgeons



Dr. Cottam went to in Los Angeles where he proctored a surgeon on his first Loop Duodenal Switches.

Dr. Medlin went back to Pocatello and proctored Dr. Jorge Amorim and Jessica Horst NP on the robot!

Teaching Surgeons Around the Country

Last month Dr. Cottam hosted surgeons from Lubbock, TX. They were able to learn about and observe the Loop Duodenal Switch. Hopefully they can implement this life changing procedure into their own practices in Texas.



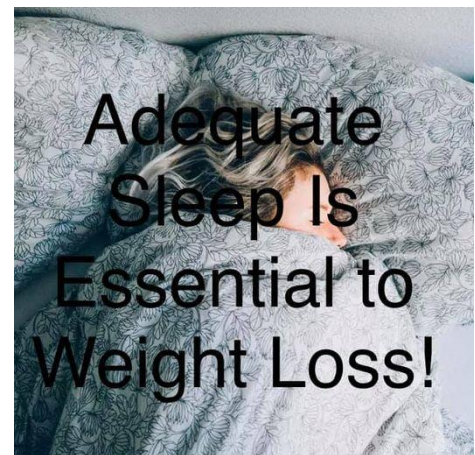
Weight Loss Tips

As you plan what to eat, look for low calorie and low carbohydrate substitutions. Zucchini or spaghetti squash can be swapped for noodles, and many low carb noodles are now on the market. Cauliflower rice is a great substitute for regular rice. Low carb wraps or lettuce can take the place of sandwich bread. Almond milk is a good substitute for cow's milk. Be creative and look for ways to make healthy swaps.



Ordering a child-size meal is a great way to cut calories and keep your portions reasonable. This has become such a popular trend that most servers won't bat an eye when you order off the kids' menu. Also, you can often substitute vegetables for the fries to further cut calories and carbs.

Sleeping well is important to weight loss. Generally, people who get less sleep weigh more than those who get adequate sleep. This is especially true for children. Good sleep affects hormones and your general motivation to exercise. Sometimes getting adequate sleep is easier said than done because of busy schedules and sleeping issues, but keep looking for ways to make sleep a priority!



On your weight-loss journey, it is important to seek support from others. This might be enlisting a family member, friend, or coworker to join you in your healthy lifestyle changes, or it might just be a friend or family member who you can talk to about your struggles. Your social support can also be through social media. BMI Utah has a wonderful online support group with patients who have had or are going to have weight-loss surgery. No matter what, it's important to have someone to turn to for encouragement.

Taco Casserole

from bariatricfoodie.com

Ingredients

- 1 lb. ground turkey
- 1 small zucchini diced
- 1 small yellow onion diced
- 1 garlic clove minced
- 1 pkg taco seasoning
- 10 oz black beans drained and rinsed
- 8 oz fat-free refried beans canned
- 8 oz tomatoes & chiles canned
- 2 c Mexican blend cheese slices



Instructions

1. Preheat oven to 350 degrees
2. Spray a pan with non-stick cooking spray, set it over medium heat and allow it to get hot. sauté veggies with garlic until they are softened. Drain any excess liquid and transfer to a bowl.
3. Brown ground meat, drain and then transfer to the same bowl and mix with canned beans and tomatoes and chiles.
4. Mix in taco seasoning thoroughly and then transfer mixture to a 13x9 casserole dish.
5. Evenly spread-out fat free refried beans on top (this may be easier if you heat them in a microwave safe bowl for a minute or so).
6. Top with cheese and then bake in a 350 oven for about 30 minutes or until the cheese is oozy, melty and slightly browned.
7. Cool 10-15 minutes before slicing and serving.