

# BMI UTAH NEWSLETTER

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## Support Groups

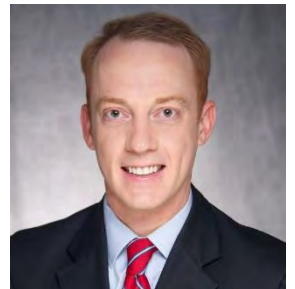
Tracey will do Facebook Live workout on **Monday, May 1 @ 2:30 PM MST.**

Tracey will do a Facebook Live Support Group on **Monday, May 15 @ 11:45 AM MST.**

Dr. Medlin will do a Q&A support group on **Tuesday, May 23 @ 7:00 PM MST.** This group will be on Zoom. The Meeting ID is 997 510 3059 and the passcode is 5dRCpL. The link is <https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQRVUV5NTF6N1VtQT09>

Andrea will do a Facebook Live Support Group on **Tuesday, May 30 @ 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.



## 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Congratulations!

Zachry Checketts has lost 134 pounds since his Loop Duodenal Switch last July, and all of us at BMI Utah are proud of his success!

Here is his story in his own words: "I've lost over 134 pounds since my surgery date of July 7th 2022. I started my journey last year around 470 pounds at my heaviest, feeling hopelessness and no way out of my bad lifestyle that led me to being morbidly obese.

I had to make a change or my life was going to end soon. Lucky, I had some friends that told me about BMI and the success they had with the DS surgery.

I started my application and started to work on eating better and started to lose some weight before they could accept me. It was a very hard couple of months, but I knew it would be worth it.

Now, I am over 9 months from my surgery, and it has changed my life. My sleep apnea went away after one month from the surgery. My blood pressure has gone down tremendously. My life is finally coming back to where I was over 12 years ago. I still have about 75 pounds to go for my goal weight but I've never been happier than I have been in the last 9 months.

Since I had my surgery, I've helped two of my friends take their big steps and they did the surgery as well and have seen the blessing they have been missing for years.

It's not easy and it takes a lot of work, but it is so worth it."





## Teaching Surgeons

Dr. Cottam enjoyed hosting surgeons from Alberta, Canada last month. They came to learn about and observe a loop duodenal switch. We love teaching people from around the world about this life changing procedure!

## Sharing Our Techniques

Dr. Cottam, Dr. Medlin, and Dr. Mooers enjoyed hosting a surgeon from Idaho this week. She came to learn more about the Loop Duodenal Switch. We are always excited to share our expertise on this life changing procedure!





# Weight Loss Tips



As the weather is finally warming up, it is time to get outside and move. Take advantage of the sunshine and take a walk, a bike ride, or a hike. Not only is the exercise good for you, but your mood will improve with the sunshine.

Oatmeal, especially steel-cut oatmeal, is the best choice for a breakfast cereal. In a study of 47 adults, those that ate oatmeal, as opposed to an oat-based, ready to eat, cereal, felt full significantly longer. They also tended to eat less throughout the course of the day, even though both options contained the same number of calories. The oatmeal provided more protein, fiber, and less sugar than the cereal. Choose natural, steel-cut oats and use artificial sweetener or berries to add sweetness.



As you grocery shop, it is important to make a list and stick to it. This will save you time and money, and stop you from making unhealthy purchases. It is also important not to shop when you're hungry or tired because this tends to increase impulsive behavior. Making a list before you go to the store can also help you better plan healthy eating.