

# BMI Newsletter

## Support Groups

Our PA, Lisa, will do a Q & A Online Support Group on **Wednesday, Nov. 20 @ 4:00 PM MST.**

Tracey will do Facebook Live workouts on Thursday, Nov. 14 & 21 at 7:15 AM MST. On the 21<sup>st</sup> Tracey will be "AT THE GYM" and take you through some of the most common machines.

Andrea & Tracey will be holding a "Back on Track Class" on Thursday, Nov. 14 @ 1:00 PM MST in our Main BMI Clinic. Patients must go to the website to sign up.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Nov. 21 @ at 8:30 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.



## Surgeons We Are Training

Dr. Cottam enjoyed hosting surgeons from Tampa, Florida; San Antonio, Texas; and New Orleans, Louisiana in October. They came to learn about and observe the Loop Duodenal Switch (SADI-S). We hope they learned a lot about this life changing procedure and that they will implement it in their practices.

## Congratulations to Our Amazing, Hard Working Patients



**Brandy Carroll** is a year out from her Sleeve Gastrectomy with Dr. Cottam! 90 pounds down, she is killing it—doing big and small hikes, increasing her activity, showing awesome energy, and creating healthy food habits!

**Bruce Carter** is only 6 months out from a Loop Duodenal Switch with Dr. Richards! He is 120 pounds down, and nothing is stopping him! He is off his oxygen, has no pain, no longer uses a wheelchair or cane, and has increased activity. With good eating habits, Bruce is setting himself up for lifelong success.

**David Shaw** is 1 year out from a Loop Duodenal Switch with Dr. Richards and is doing amazing! He states the best thing is that now he can run without dying!

**Elizabeth Matta** is rocking it after her Gastric Bypass two years ago! Her family support was the biggest blessing to her.

**Terry Lamb** is doing amazing! He is 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is down 8 pants sizes, down 52 pounds, does yard work, walks, and has no ankle or back pain!

**Dorrie Gibson** is killing it! She loves the motto, “What you eat in private is what you show in public!” She says that has resonated with her and has stuck! Dorrie is years out from her Bypass, and has maintained. She has increased energy, has increased activity, and is mindful of what she eats!

**Ed Webler** is 2 years out from a Loop Duodenal Switch with Dr. Cottam and is doing amazing! Ed says, “Track your food” and “Be active!” He uses My Fitness Pal to track his food and finds that successful! We at BMI agree with Ed, tracking and activity is a KEY tool in accountability and lifelong success. Ed has increased energy levels and is super active!

**Richard Kone** is six months out from his surgery with Dr. Richards and is doing amazing!

# Way to Go!

**Janae Brooks** has done amazing! She is down 174 pounds since she began her journey and 145 pounds down since her Loop Duodenal Switch with Dr. Richards a year ago! Janae has increased her activity. She now has a great time at Lagoon, being able to get on the rides. She did not have to use a seatbelt extender on her trip to Nashville, has increased energy levels, and can keep up!

**Misty Choate** is doing amazing! Nine months out from a Loop Duodenal Switch with Dr. Medlin, she is down 140 pounds! She has instilled good eating habits and increased her activity!

**Carl Lemley** is a year out from a Gastric Sleeve with Dr. Richards and is down 122 pounds. He is super active with mowing lawns and walking. He has increased energy levels, grocery shops on his own, and knows when to stop eating! He is mindful of the types of food that are successful for weight loss.

**Eloy Diaz** is one year out from his Loop Duodenal Switch with Dr. Cottam and is doing great.



## Fall Office Party

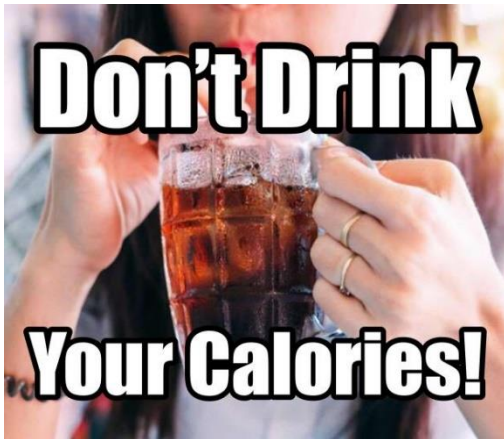
Our physicians and staff enjoyed a fun afternoon together enjoying food and fun. We all love taking this time to rejuvenate, so that we can better serve our amazing patients.

# Weight Loss Tips



It is easy to get off track in your healthy eating habits and in your exercise routine. Having a plan will help you develop habits that will lead to long-term success. Planning your food either each day or for a week at a time can help you stay on target. Planning a time to exercise each day and sticking to it also helps. Using an app or a traditional calendar are both ways to make and stick to these plans.

Being part of a support group will help you stay on track. There are more than 140,000 people having weight-loss surgery each year, so people who have walked in your shoes are not hard to find. Not only do support groups offer emotional support, but they can also provide advice on the wide range of changes you are facing as you lose weight. If you have not joined our “BMI Online Support Group” on Facebook groups, you should ask to join today.



Don't drink your calories! This tip cannot be repeated enough. It is one of the biggest reasons that patients don't lose their desired weight. Any drink with calories should be avoided. That includes fruit juice, soda, coffee with cream and sugar, and alcohol. Taking in empty calories that don't fill you up will sabotage your other healthy efforts. Water is best! Drink lots of it!



## New Clinic in Lehi

We are now hosting follow up appointments in Lehi with Dr. Medlin! Yes, you heard it, Lehi! We are at the Mountain Point Medical Center! We will be there the first and third Thursdays of the month. Start booking now! 801-746-2885

## TOASTED SEASONED PUMPKIN SEEDS! from bariatriceating.com

Separate the seeds from their flesh. Your hands will get very orange and slimy - embrace it as its part of the fun - roll up your sleeves and go for it. Squeeze the big pieces of flesh right where the seeds attach, and they'll fall off in clumps. Carefully pick out any remaining stringy stuff. People always want to tell you that this is a great kids project - IT IS NOT A KIDS PROJECT - it's messy and you want clean seeds if you intend to eat them. So unless your kids moonlight at a Nike Factory, they probably won't be able to perform the task to a reasonable standard.

Rinse and then boil your seeds to ensure that they toast evenly. Bring a couple quarts of water to a boil with 1 tablespoon salt. Throw in the clean seeds and cook for about ten minutes. Drain in a colander or wire strainer and pat dry with paper towels.

Transfer the dry seeds to a baking sheet and toss to evenly coat with Olive Oil, Salt, Garlic Powder and Smoked Paprika. Or just Olive Oil and Salt. Or Olive Oil, Salt, and Black Pepper. Or Olive Oil, Salt and Curry Powder. Or Olive Oil and Sazon Adobo. Or Olive Oil, Salt, and Chili Powder. Oil allows the salt and seasonings to stick and create the proper toasting environment.

Toast in preheated 325 degree oven for 10 to 12 minutes until lightly browned and roasty toasty. Toss with additional salt if needed. Store in a small jar or container to use on salads, cottage cheese, or to nibble while watching The Voice!



## LET'S CELEBRATE!

It's time to celebrate your success!!! We have a new brag board to post all the fun things you are up to. We want to know what you are doing since having surgery. Focus on your accomplishments from kiteboarding and paragliding like Dr. Medlin, rock hounding like Jessica and her daughter or enjoying time with her family and grandchildren like Kim. Big or small we want to celebrate your achievements! Email [amycottam@yahoo.com](mailto:amycottam@yahoo.com) with pictures and achievements!



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*Aspire, Learn, Teach,  
Inspire*

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS  
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