

# BMI UTAH NEWSLETTER

November 2022 BMI of Utah 801-746-2885

[Volume 66]

## Support Groups

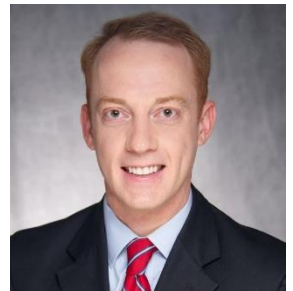
Tracey will do Facebook Live workout on **Friday, Nov. 4 @ 8:00 AM MST.**

Tracey will do a Facebook Live Support Group on **Wednesday, Nov. 9 @ 11:45 AM MST.**

Dr. Cottam & Dr. Mooers will do a Support Group on **Tuesday, Nov. 15 @ 7:00 PM MST.** Dr. Cottam will introduce our newest physician, and they will both take questions. This will be on **Zoom** and the link will be <https://us02web.zoom.us/j/89334469754?pwd=bWRjMGhIK3F3Nnd3WWMva3ZvczNRdz09> Meeting ID: 893 3446 9754  
Passcode: 632549

Andrea will do a Facebook Live Support Group on **Monday, Nov. 21 @ 2:00 PM @ PM 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!

## Welcome to Our Newest Physician

In October we had a new surgeon join BMI Utah. We are excited to welcome Dr. Mooers to our team! Dr. Mooers grew up in Salt Lake City, Utah and attended Highland High School and was active in community service, athletics, and academics. He moved to Washington State to pursue his undergraduate degree at Whitman College, where he completed research in bacteriophage and E. coli immunology. Prior to medical school, Dr. Mooers worked as a pharmacy technician and phlebotomist at Maliheh Free Clinic in Salt Lake City, Utah.

Dr. Mooers attended medical school and completed general surgery residency at the University of Iowa in Iowa City, Iowa. During medical school he was inducted into the Gold Humanism Honor Society for excellence in clinical care and as Chief Resident was awarded resident teacher of year by the medical school. Dr. Mooers developed an interest in Bariatric Surgery due to the efficacy of interventions, which cure type two diabetes, ameliorate cardiovascular disease associated with obesity, and prolong and improve the quality of patients' lives. While at the University of Iowa, Dr. Mooers trained under colleagues of Dr. Mason, who is considered the grandfather of modern bariatric surgery. After residency, Dr. Mooers completed a fellowship specializing in high volume bariatric and metabolic surgery including revisions, conversions, and emergency procedures. His mentors were Drs. John Zografakis and Adrian Dan at Summa Health System in Akron City Hospital in Akron, OH. Dr. Mooers was honored by the ASMBS and SAGES with triple certification in Advanced Gastrointestinal Minimally Invasive Surgery, Foregut Surgery, and Bariatric Surgery. He has also completed additional training in advanced therapeutic endoscopy and with Intuitive's robotic assisted surgery platform, Da Vinci. In his free time, Dr. Mooers enjoys spending time outside with his wife, young daughter, and two dogs. His favorite activities include rock climbing, mountain biking, skiing, and hiking.



# Congratulations!

Congratulations to Jessica Jones! She is down 113 pounds since the start of her weight loss journey! This is her story in her words:

"I was 277 when I started my journey in March. I was unhappy about life and ashamed of myself. I wanted to get my life back.

I stopped eating sweets, bread, pasta, rice, and drinking soda. I dropped 25lbs. and then as I always did, hit a stall. I pushed through the pre surgery process super-fast and was able to have my surgery in May. On surgery day I weighed 235lbs.

Surgery was super easy for me and I was back doing 4hour shifts at work 4 days post-surgery. However, 1 week later I got pancreatitis and had to go on bed rest for a week. It was rough, but I got through. It has definitely been a journey of ups and downs. It is hard but the reward has been more than worth it.

Last week I finished my first 5K in 52 minutes and 30 seconds with my dog Oaklee. Together we walk or run 3-5 miles per day. I have lost 112lbs since my highest weight in March. As of yesterday, I am 164lbs. I am more than proud of myself."



Congratulations to KarieAnn Hullinger!

She is one year out from Loop Duodenal Switch and has lost 100 lbs. and feels great!

Way to go, KarieAnn.

Keep up the hard work!



# Weight Loss Tips

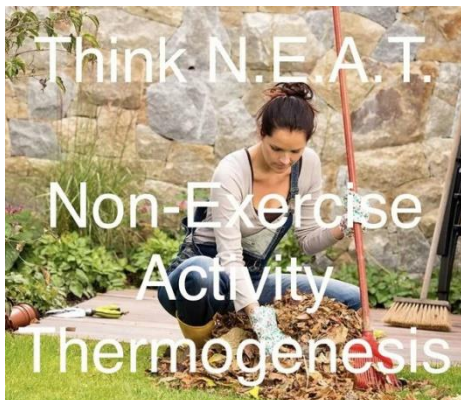
After bariatric surgery, preparing proper portions can be difficult. Ramekins are a great way to prepare small dishes. Many recipes can be adapted and placed in numerous ramekins, which can be heated up later. So, if you're struggling with portion control in your cooking, give ramekins a try.

**Ramekins Are a Useful Tool for Portion Control!**



A crockpot can be a helpful tool when planning your healthy diet. You can throw together a healthy crockpot meal before work when life is busy, and you'll be less tempted after a long day to eat easy, unhealthy fast food. Knowing a healthy, hot meal is waiting at home, will help you not give into hunger and fatigue at the end of the day. Numerous healthy, crockpot recipes can be found online.

Since nuts are high in fat and calories, many people avoid eating them; however, nuts can be great for weight loss. Snacking on nuts can lead to less hunger and feeling full longer. Some studies even suggest much of the fat in nuts is not absorbed by the body, and that eating nuts can boost your metabolism. Of course, you need to exercise portion control with nuts, but overall, they are an excellent snack food.



Finding time to exercise can be difficult, but if you think N.E.A.T. (Non-Exercise Activity Thermogenesis) you'll be exercising while accomplishing your daily tasks. Non-Exercise Activity Thermogenesis is code for the "exercise" we do to accomplish our daily tasks. For instance, walking to work, raking leaves, washing your car by hand rather than going through the car wash, or pacing the sidelines of your child's soccer game. Throughout the day look for ways to move more while still keeping up with your busy life. How can you think N.E.A.T.?

# Low-Carb Ramekin Shepherd's Pie from bariatricfoodie.com

Servings: 4 6-ounce ramekins

## Ingredients

1. 1/2 medium yellow onion finely diced
2. 1/2 lb. lean ground meat
3. 8 oz. can peas & carrots
4. 1/2 bag frozen cauliflower florets or about 2 c. fresh florets
5. 4 oz. low-fat cream of mushroom soup
6. 2-3 Laughing Cow wedges
7. 1/3 c. shredded cheddar cheese
8. Salt & Pepper to taste



## Instructions

1. Preheat your oven to 350 degrees. Put a small pot of water on to boil.
2. Set a skillet over medium heat and let it get hot. Spray it with nonstick cooking spray and add onions. Sautee about 2 minutes.
3. Add ground meat, browning and mixing in the onions until meat is fully cooked. Drain if necessary. Your pot of water should be boiling so drop cauliflower florets into it.
4. Add peas and carrots and stir. Then add soup and stir. If soup doesn't sufficiently coat the meat mixture, add about 1/4 c. milk. Allow the mixture to warm through then set aside.
5. When cauliflower florets are tender (about 4-5 minutes after returning them to a boil), drain and mash them (I use a basic potato masher). Add the Laughing Cow wedges while the florets are still hot. Mix with spoon until mixture becomes a mash (won't look exactly like mashed potatoes but will bond together and won't look like grated cauliflower anymore either).
6. Place your ramekins on a baking sheet. Ladle in about 1/4 c. meat/veggie mixture. Top with about 1/4 c. of the cauliflower mixture and top with a sprinkle of shredded cheese.
7. Bake ramekins for about 10-15 minutes or until cheese is melted and, if you like, browned.