

BMI Newsletter

Support Groups

Dr. Medlin will do an Online Support Group on **Tuesday, Oct. 8 @ 7:00 PM MST**. He will take your questions and discuss the Obesity Action Coalition "Your Weight Matters" Convention next July.

Tracey will do Facebook Live workouts on Thursday, Oct. 10, 17, & 24 at 7:15 AM MST.

Andrea & Tracey will be holding a "Back on Track Class" on Thursday, Oct. 10 @ 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, Oct. 17 @ 8:30 AM MST.

Andrea and Tracey will do a Facebook Live Back on Track Recap on Thursday, Oct. 24 @ 1:00 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.



Dr. Cottam Presents Research in Spain

Dr. Cottam attended and spoke at the IFSO (International Federation for the Study of Obesity and Metabolic Disorders) Conference in Madrid, Spain. He met with and learned from surgeons from around the world. He gave two presentations. First, he talked about the long-term outcomes of the Loop Duodenal Switch (SADI-S), and later he spoke about converting a lap band to a Loop Duodenal Switch. He loved sharing his research and promoting this life changing procedure, while learning about the world-wide research in bariatric medicine.

Congratulations to Our Amazing, Hard Working Patients



Donna Long is rocking it nine months after a Sleeve Gastrectomy—doing cross fit (She is so excited that she can climb the rope now!) and weightlifting competitions! She follows up with our diet and exercise team to make sure she is getting in her calories and nutrients, and working with professionals to succeed in these new chapters!

Amy Webb is doing great a year out from her Loop Duodenal Switch with Dr. Cottam! She walks, jogs, and has increased energy and activity. Breaking through barriers, she is killing it with weight loss and her life goals!

Joshua Bonner still needs help with his diet and meals, but one month after a Loop Duodenal Switch with Dr. Cottam, he is off all his diabetic medication!

Brad Baxter is doing amazing! Down 180 pounds so far after his Loop Duodenal Switch with Dr. Cottam a year ago, he is mindful of what he eats and getting to know that “last bite.” Brad was on a rafting trip this summer that he said last year was not even a thought! He has increased activity, has gone on over 20 hikes, and has good dietary habits.

Mercedes Hale is killing it! One year out from a Sleeve Gastrectomy with Dr. Cottam, she is teaching dance at two different studios and is insanely active and mindful of dietary habits.

Gayle McDonald is doing great two years out of a Loop Duodenal Switch with Dr. Cottam! Down over 100 pounds, she is doing Kaya fit, yoga, and was able to jog up a sandy hill on the Oregon Coast!

Robin Watson is one year out from surgery! She has lost 112 pounds. She told us that this surgery has changed her life. It has allowed her and her husband to be more active, walking and hiking and so much more. Robin said it has given her more confidence, and she has found the person who has been missing for 30 years. It has been amazing to rediscover the person who she used to be. Robin’s advice to anyone who is struggling with weight: “Don’t be afraid. Go into BMI and change your life. It changed mine.” She hugged everyone in the clinic. She is so happy!

Chauntel Brattos is down 100 pounds! She is doing amazing 6 months out from her Loop Duodenal Switch with Dr. Cottam! Chauntel swims, does yoga, walks, and has increased energy and activity. She is mindful of her dietary habits and executes good eating habits.

Way to Go!

Kimberly Porter is a year out from her Loop Duodenal Switch with Dr. Cottam and is down 173 pounds! She “cannot stop and is on the go!” In fact, Kimberly has gone back to horseback riding after 15 years!

Jeraldine Thomas is 100 pounds down 6 months out from a Loop Duodenal Switch with Dr. Cottam. She walks 3 miles daily with increased energy! She makes good food choices and keeps up with her vitamins!

Bonnie Widdison is doing great and has lost 80 pounds so far with the Sleeve Gastrectomy performed by Dr. Richards and 100 since the weight loss journey started! With lifelong dietary habits instilled, she has increased activity around the home and yard and walks for exercise! Bonnie has done amazing and is having continued success

Kerianna Jensen is down 70 pounds from the Sleeve Gastrectomy with Dr. Medlin 10 months ago! She is raring with activity, from hiking, biking, back packing, and walking! Kerianna feels great and makes great food choices to accompany her growing lists of activity.

Richard Bunton has done amazing with his Sleeve Gastrectomy! Since his weight loss journey started, he is down 100 pounds! He makes good food choices, is compliant, and has increased activity!

Reeda is a year out from a Sleeve Gastrectomy with Dr. Medlin! She is down 77 pounds, has increased activity, and is making great strides with her dietary habits. Reeda is going to try a medicinal route to help jumpstart a quicker weight loss for further success in conjunction with her surgery and lifestyle changes!

Lowla Allen is a year out from her sleeve with Dr. Richards and down 60 pounds. She is feeling great and cannot be stopped! Lowla is on her glider, rower, and walks daily! She makes good dietary choices to compliment her amazing activity levels!

Misty Ohlson has lost 60 pounds with the Sleeve Gastrectomy! Dr. Cottam performed the surgery back in August of 2018, and she feels great! She is doing lots of activity, is on an exercise regimen, eats healthy, and is compliant!



Kimberly Porter Jeraldine Thomas



Richard Bunton Reeda



Bonnie Widdison Kerianna Jensen



Lowla Allen Misty Ohlson

Weight Loss Tips



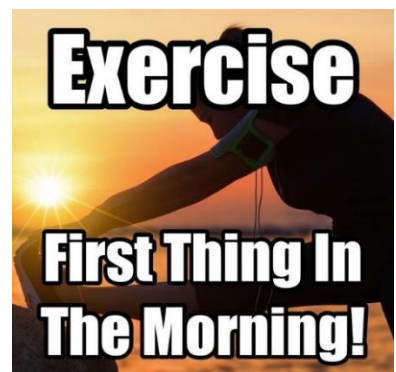
Eating lots of protein with every meal after bariatric surgery is extremely important for weight loss. It helps wound healing; keeps your skin, hair, and bones healthy; forms important hormones and enzymes; helps your body burn fat instead of muscle; increases your metabolism; and curbs hunger between meals. Always eat your protein first, so that you don't become too full before you finish eating.

The slow cooker is a great way to make healthy meals even when you are busy. Easy meals that you throw in the crock pot before work or the night before, make the temptation to just get fast food after work much less. When you know there is a homemade meal waiting at home, you will not give into hunger and tiredness after work as easily.



Limiting your TV watching is good for numerous reasons. First it limits your sedentary time. Second, it limits the impulse to mindlessly eat while watching. And third, studies show that those who binge watch TV eat much less healthy than those who limit their intake. So, turn off the tube and find something more active to entertain you.

If you exercise first thing in the morning, you are more likely to actually workout and not skip it later in the day because you're too exhausted after work. Studies also show that exercising first thing helps you make better food choices throughout the day. So, boost your metabolism first thing each morning with a good workout!



New Clinic in Lehi

Starting in October we will be hosting follow up appointments in Lehi with Dr. Medlin! Yes, you heard it, Lehi! The address will be coming soon, but it will be at the Mountain Point Medical Center! We will be there the first and third Thursdays of the month. Start booking now!

Pumpkin Chaffles

from thatlowcarbblife.com

Ingredients

- 2 large eggs
- ¼ cup pumpkin puree
- 2 teaspoons pumpkin pie spice
- 2 teaspoons coconut flour
- ½ teaspoon vanilla
- 1 cup finely shredded mozzarella cheese

Instructions

- Plug in waffle maker to preheat. Spray with non-stick spray.
- Add the eggs, pumpkin puree, pumpkin pie spice, coconut flour, and vanilla to a small bowl and whisk well to combine.
- Stir in the cheese.
- Spoon 1/4 of the batter into the hot waffle iron and smooth the batter out to the edges of the waffle iron.
- Close the iron and cook for 3 minutes.
- Remove the waffle and set aside. Repeat with remaining batter.
- Serve hot with butter and sugar free syrup, as desired.

Notes

- Add 1-2 teaspoons of sweetener to the batter, if you prefer a sweeter waffle.



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 with pictures and achievements!



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