

BMI Newsletter

Support Groups

Tracey will do Facebook Live workouts on Thursday, Sept. 12, 19, & 26 at 7:15 AM MST.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Sept. 12 @ at 2:30 PM MST.

Andrea & Tracey will be holding a "Back on Track Class" on Thursday, Sept. 19 @ 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 Back on Track Summary on Thursday, Sept. 26 @ 2:30 PM MST.

Our PA, Madison, will do an Online Support Group on **Tuesday, Sept. 10 @ 6:00 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. Please join.



Doctors We Are Training

Dr. Cottam enjoyed teaching doctors from around the country about the Loop Duodenal Switch (SADI-S). The doctors traveled from Minnesota, Dallas, Arizona, Seattle, and the University of Missouri. We loved hosting them and hope we helped them implement this life changing procedure in their practices!

Congratulations to Our Amazing, Hard Working Patients



David had a Sleeve Gastrectomy in August 2017 with Dr. Medlin and has lost over a 100 pounds. He walks daily and works to get his protein in at each meal. His fasting blood sugar is now normal, and he feels great!

Marcia is 6 months out from a Sleeve Gastrectomy with Dr. Richards and is down 65 pounds and feels great! She bikes and walks daily, has increased activity, and eats well!

Diann Serna is doing amazing two years after surgery! She says that life is so much better now that she is healthy. She can travel with their seven-year-old granddaughter to swim meets and enjoy getting out and having fun. Food is not the priority that it used to be, but she still logs her food every day and probably will forever

Shannon Miller is 6 months out from a Sleeve Gastrectomy with Dr. Richards and is down 55 pounds! She teaches three senior fitness classes and one yoga class each week, and takes Zumba herself! Shannon is thrilled! She can jump in Zumba and perform better! She feels great.

Joyce Roberts is down 47 pounds from a Loop Duodenal Switch with Dr. Richards in February. Joyce feels amazing! She has increased energy levels, walks, does a tread climber, and has overall increased activity! Joyce says doing service for others is something she enjoys and states, "You have to be prepared to pay the price and work." After watching multiple YouTube testimonials, asking questions, and researching the surgery, she made the choice to take the leap and do it!

James Keller had Sleeve Gastrectomy done in December with Dr. Medlin and is down 140 pounds! He is doing amazing! He walks, jogs, swims, and overall has increased activity! He makes good food choices and is compliant!

Joyce Higley is 1 year out from a Loop Duodenal Switch with Dr. Medlin and is doing great.

Doug Higley is 1 year out from a Sleeve Gastrectomy with Dr. Medlin. He is happy to be mowing the lawn himself this year as last year he was unable to.

Way to Go!

Jacquelyn Pettit is 9 months out from a Sleeve Gastrectomy with Dr. Richards and has lost almost 100 pounds. Her ability to get around has improved so much, and her knee pain has lessened! She is enjoying traveling with her family with all her new found energy and mobility!

Geraldine Lawrence is 6 months out from her Duodenal Switch with Dr. Cottam and is down over 100 pounds. She is loving the fact that she has so much energy to enjoy traveling and spending time with her family.

Paul is a year out from the Sleeve Gastrectomy with Dr. Medlin and is down 124 pounds! He is killing it with activity and dietary habits! With a healthy lifestyle in place, Paul is reaping the benefits!

Brandy Paulson is down 100 pounds since December after having the Sleeve Gastrectomy with Dr. Cottam in December! She is doing amazing, figuring out new recipes, staying active with hiking, walking, and overall maintaining a healthy lifestyle.



Mini Frittatas from ohsweetday.com

Ingredients (8 mini frittatas):

- 6 large eggs
- 1/3 cup heavy cream
- 3 slices of deli meat of your choice (turkey, ham or roasted beef), roughly chopped
- a handful of baby spinach, briefly chopped
- 1/4 cup frozen corn
- 1/3 cup shredded cheese of your choice
- salt and pepper to taste

Directions:

Preheat oven to 350F. Grease muffin tin or line with muffin liners. In a large bowl, mix together eggs and cream until well combined. Add remaining ingredients and mix well. Spoon batter into the prepared muffin tin, about 3/4 full. Transfer muffin tin to oven and bake for 18 to 20 minutes. Transfer muffin tin to a wire rack and let cool completely. Use a pairing knife to run around the edges of the frittatas to release them from the muffin tin. The frittatas can be frozen up to a month. Reheat in microwave before serving.



Weight Loss Tips

Find Time To Move



The days are getting cooler, so it is easier to get out and move every day. Take a walk, a run, a bike ride, dance to some fun music, work out at the gym, or anything that gets you moving. The important thing is to just try to find time to do some physical activity every day!

Make healthy breakfasts and lunches the night before to avoid the morning rush. The whole family will benefit from having the best choices on hand, and you'll be less likely to make last minute, unhealthy choices when hunger hits. You can get the whole family involved and use it as a time to teach healthy choices.



Pecans, Macadamia Nuts, And Brazil Nuts



Nuts are very filling and generally much lower in carbs than other snack foods. The lowest carb nuts are pecans, macadamia nuts, and Brazil nuts. So, if you need a snack, nuts are a good choice!

Vegetables have lots of filling water and fiber, but not a lot of calories. By replacing half the starch or protein of your meal with non-starchy vegetables, you can eat the same VOLUME of food and still slash calories.

In one study, participants were each given the same amount of pasta, but with differing amounts of vegetables. Participants ate similar amounts of food regardless of how much veggies they got, meaning those who had the highest proportion of vegetables ate the least calories without even knowing it.

Try scaling down the portions of other foods and fill the rest of your plate with non-starchy vegetables. You can apply this same concept when making mixed dishes. Just add more vegetables to your favorite recipes to make them lower in calories and more nutrient-dense.



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 with Dr. Medlin, rock hounding with 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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