

BMI UTAH NEWSLETTER

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Support Groups

Tracey will do Facebook Live workout on Thursday, Sept. 8 @ noon MST.

Andrea will do a Facebook Live Support Group on Thursday, Sept. 15 @ 1:00 PM @ PM MST.

Tracey will do a Facebook Live Support Group on Monday, Sept. 19 @ noon MST.

Dr. Medlin will do a Support Group on Wednesday, Sept. 21 @ 7:00 PM MST. He will discuss sustainable exercise, injury prevention, and recovery.

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.



New Innovations

Dr. Cottam and Dr. Medlin traveled to Boston for a new technology summit with GI Windows. They met with surgeons from Argentina, Canada, and Spain to help develop techniques to treat obesity. They are excited to be on the forefront of these new innovations.





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. We love celebrating your successes!

Congratulations!

Sherie Bateman has done amazing since her Sleeve Gastrectomy, and all of us at BMI Utah are proud of her hard work. This is her experience in her own words: "I have a family history of high blood pressure and heart disease. My brother has lost the site in one eye because of his high blood pressure. As I have gotten older, I decided I needed to do something about my weight. I didn't want to have any health problems like my parents and siblings. I am 5'2" and was 220 pounds. One year ago, I decided to have a Sleeve Gastrectomy. I had the surgery six months ago. That has been the best decision of my life. I have taken back control and can walk up the hill to my home without stopping. I can sit in a booth at a restaurant without squeezing in. I have way more energy. I can shop at regular stores. I am currently 170 pounds and feel great! I hope to lose about 40 to 50 more pounds. I have gotten a good start. Thanks, BMI, for giving me my life back!"



Weight Loss Tips

Meal planning can help you eat healthier. Taking a few minutes each week to plan your meals will save you time, money, and unwanted calories. Planning meals can help you be more organized as you shop, which can lessen impulse purchases. With a clear meal plan, you are less likely to scrounge for food when you become hungry. Make sure you write down the plan, so you'll be more likely to stick to it.



Make a Weekly Meal Plan!



Include Zucchini in your Healthy Diet!

Zucchini is a great food for weight loss. First, it is full of nutrients including vitamin A and C, manganese, and potassium. Because of its high water and fiber content, it is also great for digestion and blood sugar control. It contains many antioxidants and has been shown to help reduce bad cholesterol levels. It is also a great substitute for unhealthy carbs. For instance, zoodles (zucchini noodles) are a popular noodle substitute and sliced zucchini make great lasagna noodles.

Often people give you tempting treats. You can recognize them for their kindness, but then throw out the cookies, rolls, or brownies when the giver is no longer around. The best way to combat temptation is to eliminate it!



Throw out Tempting Food!



Sit Down at the Table to Eat!

Sitting down at the table to eat rather than eating on the go, in front of the TV, or standing at the counter can help you eat more mindfully. When you sit down at the table to eat, you tend to slow down and think about how much you are eating. Studies show that people who eat at the table generally eat healthier.

ZUCCHINI FRITTERS WITH FETA AND DILL

from feastingathome.com

Ingredients

- 1 1/2 lbs. zucchini (about 4 medium zucchini)
- 1 tsp salt
- 1/2 cup chopped scallions
- 1/2 cup chopped fresh dill (or sub half with Italian parsley)
- 1/2 cup crumbled feta (or sub another grated cheese)
- 1 large egg
- 1/2 cup all-purpose flour (or GF flour)
- 1/2 tsp baking powder
- 1/4 tsp fresh nutmeg
- 2 tablespoons olive oil



Instructions

1. **GRATE AND SALT ZUCCHINI:** Using a hand grater or food processor, with grater attachment, grate the zucchini. You need about 4 cups grated, placed in a med-sized bowl. Sprinkle with 1 tsp kosher salt, stir well, and let sit for 15 minutes, stirring occasionally. (This will release the water and give you light and crispy zucchini cakes!)
2. After 15 minutes, place the salted zucchini in a strainer, and using your hand or a spatula, press down firmly to remove as much water as possible. Do not rinse. Pat dry with a few paper towels. You really want to get these fairly dry.
3. Preheat oven to 350F
4. **MAKE THE BATTER:** Place the grated zucchini in a bowl, adding dill, scallions, feta, nutmeg, and one egg. Mix well. In a separate bowl mix flour and baking powder together. Add flour mixture to zucchini, incorporating all. This will be a fairly thick batter.
5. **SEAR:** In a heavy bottom skillet, heat 1-2 T olive oil or butter over medium heat. When the oil is hot, spoon ping-pong sized balls of the batter. Lightly sear each side until golden brown about 3 minutes each side, and place in a warm oven-either on a wire rack or on a parchment-lined sheet pan. Putting these in the oven will allow them to cook all the way through and puff up, without getting too brown in the skillet.
6. Make these in batches, letting fritters finish at least 10 minutes in the oven, or until they puff slightly.
7. Serve with a dollop of Tzatziki Sauce and dill sprig.

Notes

These can be cooked ahead, refrigerated for 3 days and reheated in a toaster oven (right on the rack). Great for meal prep!

Teaching Surgeons from Around the World



Last month Dr. Cottam enjoyed hosting surgeons from Houston and Tasmania. They all came to learn more about performing the Loop Duodenal Switch. We hope they will be able to implement this life changing procedure into their practices!