

BMI UTAH NEWSLETTER

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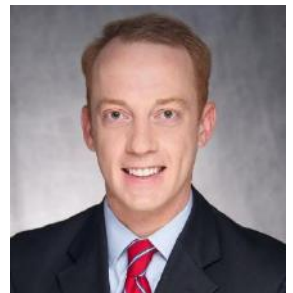
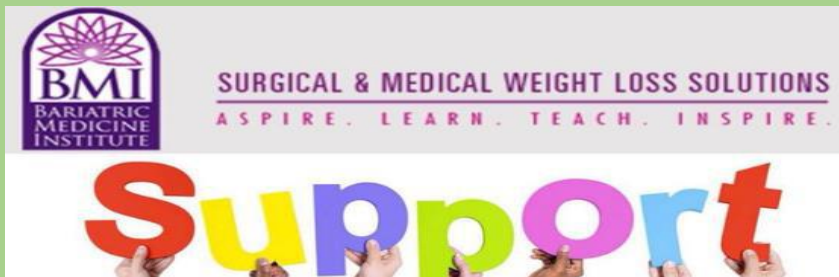
Support Groups

Tracey will do a Facebook Live Support Group on **Monday, Dec. 2 @ 11:30 AM MST.**

Tracey will do a Facebook Live Workout on **Monday, Dec. 9 @ 11:30 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Dec. 16 @ 1:30 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. We love celebrating your successes!

Weight Loss Tips

During the holidays, we are all tempted by numerous unhealthy foods. Many of these foods are closely tied to feelings of comfort and family. Instead of completely giving up these foods, look for healthy alternatives. The internet is replete with ideas. Cauliflower can be mixed half and half with mashed potatoes. Crustless, sugar free pumpkin pie is easy and delicious. Experiment and research a little, so that you can enjoy some of your favorites without the guilt.



BYOA Bring your own alternative to your next holiday gathering. The only way to ensure there is something healthy to eat at a holiday gathering is to bring it yourself. If you bring one or two items that are healthy, you'll at least know there is something that you can fully indulge in. That doesn't mean you can't sample or eat some of what others bring—it just allows you to eat without worry.

When you eat, remember to eat your protein first. Eating protein first helps you feel full faster, doesn't spike your blood sugar, and helps you build muscle along with a better metabolism. If you eat the protein first and then follow it with vegetables, you'll tend to eat healthier and lessen your carb intake overall.



Eat until you're satisfied, not stuffed. No one likes feeling uncomfortably stuffed after a huge meal. Eat slowly and monitor your fullness levels while you're eating. Remember, you can always eat leftovers late

Training Surgeons

Last month Dr. Cottam hosted doctors from West Virginia; Virginia; Houston, Texas; Calgary, Canada; Anchorage, Alaska; and Denver, Colorado. They all came to learn about and observe Dr. Cottam performing the loop duodenal switch (SADI-S). We hope they enjoyed their time in Salt Lake and learned concepts which they'll be able to use in their own practices.



Presentations

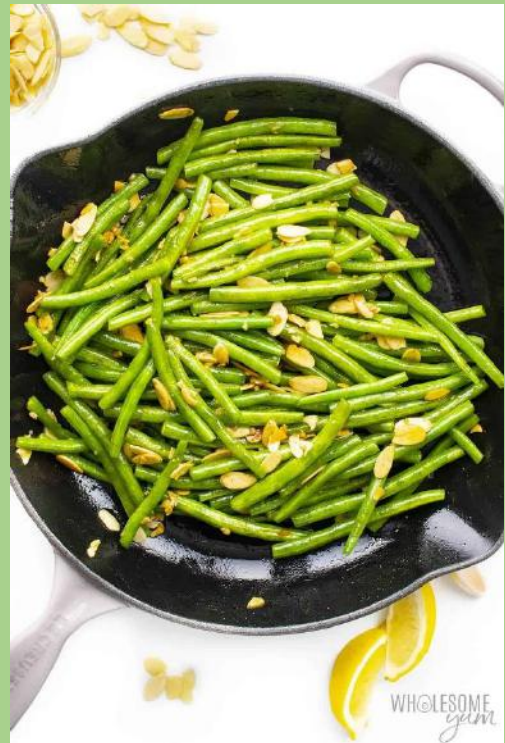
Last month Dr. Cottam presented a keynote talk to the Ohio and Kentucky ASMBS Chapter. He could not fly out there because of conflicts, but was able to present over Zoom. He talked about testosterone and thyroid hormone after bariatric surgery.



Green Beans Almondine from wholesomeyum.com,

Ingredients

2 tbsp Olive oil
1 lb. green beans (trimmed)
1/2 tsp Sea salt
1/4 tsp Black pepper
2 tbsp Unsalted butter
2 cloves Garlic (minced)
1/3 cup Almonds (sliced)
2 tsp Lemon juice



Instructions

1. Tap on the times in the instructions to start a kitchen timer.
2. Heat the olive oil in a large skillet over medium heat. Add the green beans. Season with salt and pepper. Saute for 4-5 minutes, until bright green and crisp tender. Remove to a plate and cover with foil to keep warm.
3. Reduce heat to low. Add the butter to the pan and heat until melted. Add the sliced almonds. Cook for 2-4 minutes, until the almonds are golden.
4. Add the garlic. Saute for 1-2 minutes, until fragrant. Stir in the lemon juice.
5. Return the green beans to the pan and toss to coat in garlic lemon butter. Cook for 1-2 more minutes, until hot.