

BMI UTAH NEWSLETTER

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Support Groups

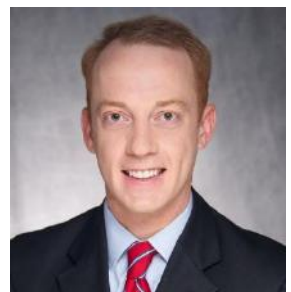
Dr. Mooers will do a Facebook Live Support Group on **Monday, Oct. 7 @ 6:00 PM MST**. He will discuss expected weight loss after surgery and common post op issues.

Tracey will do a Facebook Live Workout on **Monday, Oct. 7 @ 11:45 AM MST**.

Andrea will do a Facebook Live Support Group on **Thursday, Oct. 17 @ 11:30 AM MST**.

Tracey will do a Facebook Live Support Group on **Wednesday, Oct. 23 @ 10:30 AM 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!

RETIREMENT ANNOUNCEMENT

Hi everybody!

I am excited and a little bit scared to announce that I plan to stop operating at the end of 2024. This does not mean I will completely stop practicing medicine, but will pass the baton over to my wonderful partners doctors Cottam and Mooers, and to our excellent Allied health team! (Hoa PA, Elle NP, Madison PA, Andrea RD, Tracy trainer, and Heather Hall Buddensick RN)

I will work my very hardest to help anybody who wants to have surgery before the end of 2024 with me have good scheduling options, but please don't worry if you decide to go with one of my partners before then, or if you need to go with them after that. They are both amazing surgeons and great physicians.

It's been 35 years since I started medical school and 25 years since I started in practice after completing surgical training. My entire career has been an honor and privilege every single day, but it has also been very consuming.

It is time for a new chapter - while I wish I could give you a definite answer for what's next, my current plan is just to have a gap year of some assisting in surgery, some consulting, and some catching up with old friends around the country! 2025 is going to be a plan in evolution.

My hope for you all is excellent health and joy! Thank you for the privilege of being your surgeon!

New Technology

BMI Utah is testing a new system with Medtronic that allows us to broadcast our operations to other surgeons around the world. This should be an amazing system to share our expertise with other professional around the world.



Congratulations!

Dallas Hatch is doing amazing! In his own words, "I am down 128lbs. I have been telling everyone I have talked to about having the surgery. The surgery was great and I have no regrets. There are some challenges that come with getting the surgery, but there were also challenges that came from being overweight. Bariatric surgery was a great tool for me, but it was just a single tool in the tool box not a fix all. Once the weight is off you have to keep it off. Eating right and exercising often is a must. Luckily it is much easier to exercise at 197lbs than it was at 325lbs."

Way to go, Dallas! Keep up the hard work!

(This first picture was taken 2 weeks before the pre surgery diet, and the second picture was taken 10 months post-surgery.)



Weight Loss Tips

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 to snack, nuts are an excellent choice.

Pecans, Macadamia Nuts, And Brazil Nuts



Limiting how much you watch television helps your weight in three main ways. First, many people mindlessly eat while watching TV. Second, generally the more you watch television, the less you move. And third, studies show that those that watch television excessively engage in less healthy eating habits than those who avoid TV. So, turn off the tube and find something more active to entertain you!

When you “fall off the wagon” of healthy eating, don’t give up. Rather, get back on track and try again. It is never too late to start again. Make new goals and ask for help if you need it. Don’t be afraid to contact the professionals at BMI Utah for help. Everybody has set backs, but don’t give up!



Try a new vegetable or at least one you haven’t tried in a long time. You could try jicama, snap peas, beets, or artichokes. Adding some healthy variety to your routine can make eating healthy more exciting.

The Most Amazing Roasted Artichokes

from gimmesomeoven.com

Ingredients

3 fresh artichokes

2 large fresh lemons, juiced

2 tablespoons olive oil (or melted butter)

6 cloves garlic, peeled and roughly-chopped

fresh rosemary (plus additional fresh thyme, oregano, or sage)

coarse sea salt and freshly-cracked black pepper

Instructions

1. Heat oven to 400°F.
2. Use a knife to slice off the bottom 1/2-inch (or more, if you'd like) of the artichoke stems, and the top 1 inch of the artichoke globes (the leaves on top). Remove and discard any small leaves toward the bottoms of the stems. Rinse the artichokes with water.
3. Slice the artichokes in half vertically. Use a spoon to scoop out the fuzzy "choke" in the middle of the artichoke. Then use kitchen shears to trim about 1/4-inch off the pointy tips of each of the artichoke leaves (so that they don't poke you when you eat them). Rub a lemon wedge all over the entire surface of each artichoke half, to prevent browning.
4. Place the artichoke halves in a baking dish or on a baking sheet cut-side-up. Brush the cut sides of the artichokes evenly with the olive oil. Then fill the cavities evenly with the garlic, followed by a few small sprigs of the fresh herbs. Season with salt and pepper.
5. Flip the artichokes over, using the herbs to help hold in the garlic, so that they are cut-side-down. Brush the tops of the artichokes with oil, and season with salt and pepper.
6. Bake uncovered for 15 minutes. Then remove and cover the pan with aluminum foil, and bake for an additional 25-35 minutes, or until the artichokes are tender and the leaves pull off easily.
7. Place the tray on a cooling rack. Carefully remove, discard the herbs (or stir them into your dipping sauce for extra flavor), and drizzle the artichokes with extra lemon juice.
8. Serve the roasted artichokes warm with your desired dipping sauce.



Our BMI Utah Team

We had our annual gathering of the team at BMI Utah and we all want to thank you for allowing us to serve you over the years. Your successes and hard work make our efforts worth it every day.



