



Advanced
BARIATRICS

JANUARY 2022 NEWSLETTER

Table of Contents

- Who is Advanced Bariatrics?
- Your Surgical Team
- Nurse Practitioner Vanessa
- Your Bariatric Coordinators
- Dietitian – Jessica
- Dietitian – Audra
- 2021 Information Seminars
- 2021 Support Groups
- Bariatric Christmas Party
- Patient Success Story – Amber B.
- Get Your COVID-19 Vaccine!
- Facts about COVID-19.
- Patient Success Story – Jennie H.
- Swedish Meatballs – Skinnytaste Recipe
- Big Plans for 2022!
- Patient Success Story – Joy R.
- Tell us Your Story on Social Media

Who is Advanced Bariatrics? @advbariatrics

Exceptional Care for Bariatric Surgery Patients Throughout Their Medical Weight Loss Journey

Led by fellowship-trained bariatric surgeons and fellows of the American College of Surgeons, Dr. John Cheregi and Dr. Hsin-Yi Chang, Advanced Bariatrics was created to help people who struggle with obesity to confront and overcome their challenges and discover a happier, healthier way of life.

For many people, obesity is a chronic condition that requires medical intervention. At Advanced Bariatrics, we are committed to providing a judgment-free environment. We work closely with our patients to develop a treatment plan that will redefine what the future looks like.

The collaborative approach used by Dr. Chang and Dr. Cheregi is designed to help our patients identify the plan and procedure that will help them achieve success. Our doctors are passionate about being there every step of the way during what becomes a life-changing journey for most of our patients.

Your Surgical Team

John R. Cheregi, MD FACS

#teamcheregi

Dr. Cheregi's specialty is bariatric surgery for medical weight loss. He understands the challenges that his patients face and has a personal passion for helping them achieve long-term success. By working closely with patients to choose the right procedure and make long-term lifestyle changes, Dr. Cheregi helps them envision (and realize) a new future.

Dr. Cheregi is fellowship trained in both advanced laparoscopy and bariatric surgery. His patients appreciate his positivity and his judgement-free approach to addressing their challenges. Dr. Cheregi emphasizes education, encouragement, and collaboration to help his patients achieve their personal lifestyle goals.





Your Surgical Team

Hsin-Yi Chang, MD FACS

#teamchang

Dr. Chang is recognized for her expertise in minimally invasive surgery, with a specialty in bariatric surgery designed to help patients achieve significant weight loss. She embraces a collaborative approach with her patients, understanding that each individual (and their journey towards wellness) is unique.

Dr. Chang's goal is to provide her patients with a better quality of life, and her greatest reward is watching them achieve life-changing outcomes following bariatric surgery. Although the procedures she performs take relatively little time, the long-term results are extraordinary, in terms of overall health and life expectancy.

Vanessa Manzo, MSN, FNP-C *Nurse Practitioner*

Vanessa received her Master's degree in Nursing from Graceland University in 2019. She has been a nurse for 7 years. Her most recent experience has been in internal medicine managing chronic illnesses.

Vanessa will be joining our bariatric family in January 2022. She is excited to be able to share her passion for educating patients to improve their health. By joining our team, Vanessa will no longer be treating patients' comorbidities. Now, she will play a role in helping to resolve their comorbidities and improve her patients' quality of life.

Vanessa will be managing our medically managed weight loss program. She will also be providing pre-operative education and heading our future support group for patients. She will work side by side with Dr. Cheregi and Kiersten to continue to support and encourage our patients on their weight loss journey.





Kiersten
#teamcheregi



Melissa
#teamchang

Your Bariatric Coordinators

Kiersten and Melissa are the bariatric coordinators for Dr. Cheregi and Dr. Chang. They guide our patients through their entire weight loss journey and act as the main point of contact for all questions. It is their passion and goal to be able to support the patients on their journey and help them achieve their weight loss goals.

For new patients, we have a phone # that **Melissa** and **Kiersten** can be reached at directly: **847-350-9564**.

Kiersten: kkern@advancedsurg.net

Melissa: mrrios@advancedsurg.net

Dietitian – Jessica Barker, MS, RD

Jessica Barker received her Master's Degree in Nutrition and Physical Performance from St. Louis University in 2009 and has been working with weight management patients for 11 years.

She is a Registered Dietitian and a member of the Academy of Nutrition and Dietetics weight management practice group. Jessica is also a certified personal trainer through the National Academy of Sports Medicine and loves to coach people to enjoy movement and understand all of the long-term benefits of exercise.





Dietitian – Audra Wilson, MS, RD, CSOWM, LDN, CSCS

Audra Wilson is a Board-Certified Specialist in Obesity and Weight Management, holds a Master's Degree in Applied Science and Sports Nutrition from Concordia University Chicago and Bachelor's degrees in Nutrition and Dietetics as well as Education from Northern Illinois University and a Bachelor's in Agricultural Business from Illinois State University.

She is also a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and is an enthusiastic advocate for the power of exercise in health improvement.

2022 Facebook Live Information Seminars

Tell your friends!

All Info Seminars will be available on
FACEBOOK LIVE!

Informational Sessions are provided **FREE OF CHARGE** and are a wonderful opportunity to learn how our program is dedicated to your future **SUCCESS** and lifelong care. You will learn important information about obesity, program offerings, candidacy, procedures, steps to surgery, and the pathway to success.

Saturday, Jan. 8th @ 9:30 AM – Dr. Cheregi

Wednesday, Feb. 16th @ 6:00 PM – Dr. Cheregi

Wednesday, Feb. 23rd @ 6:00 PM – Dr. Chang

Saturday, March 19th @ 9:30 AM – Dr. Cheregi

2022 Support Group

10:30 AM – 12:00 PM

Attending support groups gives patients the opportunity to connect, encourage, and support one another. While the other members of the support group can help to encourage you and provide tips for success, they will also help to keep you accountable. Support group is something mutually beneficial for all attendees whether you have had surgery many years ago, recently had surgery, or exploring the idea of surgery.

Bottom line...**Support Group is important!**

Going forward, support groups may be held with Zoom or in-person. To determine if the upcoming meeting is in-person or virtual, e-mail Amy Paulus at

amy.paulus@aah.org.



January 8th



February 12th



March 12th

ADVANCED BARIATRICS CHRISTMAS PARTY



We loved celebrating our patient's weight loss success at this year's patient Christmas Party! It is an honor to be a part of their weight loss journey! Looking forward to 2022 and all the lives we can touch!



Patient Success Story — Amber B.

#teamcheregi

I've said it before and I'll say it a MILLION TIMES again and again...THANK YOU FOR SAVING MY LIFE, giving me more time on earth, and helping me realize that it's ok to ask for help when it comes to weight loss. I always thought weight loss surgery was embarrassing, degrading, and I didn't need help...I could do this on my own. But I was so so wrong...vertical sleeve gastrectomy was exactly the tool I needed. Along with the nutritionist assisting along the way...I feel like for the first time in my life- I have freedom from food. Do I still love food? Heck Yeah! But I now have a tool to help me eat less!

8 months post op and down 83 lbs from my highest weight!



83 lbs. Lost!

Get Your COVID-19 Vaccination!

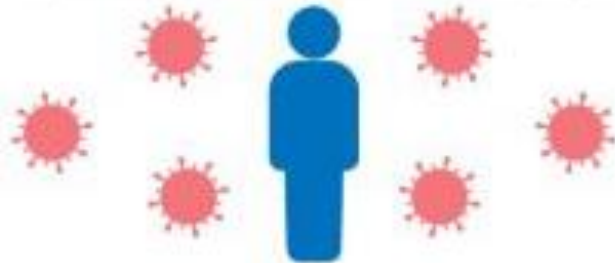


COVID-19 VACCINATION PREVENTS INFECTION AND SEVERE ILLNESS

*Study of patients ages 12 and up in a large health system**

Infection

3x more likely among unvaccinated compared with fully vaccinated people[†]



Hospitalization

2x more likely among unvaccinated compared with fully vaccinated COVID-19 patients



Death

7x more likely among unvaccinated compared with fully vaccinated COVID-19 patients

Vaccinate all eligible people as soon as possible



* Kaiser Permanente Northwest health plan, Oregon and Washington, July 4–September 25, 2021

[†] > 14 days after completing authorized COVID-19 vaccination series

bit.ly/mm7046a4

MMWR

Facts about COVID-19

Only **74%** of adults in Illinois are Fully Vaccinated!

Illinois Department Public Health

78% of those who were hospitalized or died from COVID-19 were obese and morbidly obese.

Johns Hopkins University

Obesity may **triple** your risk of hospitalization for COVID-19.

Center for Disease Control

99% of all COVID-19 deaths are **NOT** vaccinated!



#teamchang



155 lbs. Lost!

Patient Success Story – Jennie H.

The bariatric surgery gave me a different perspective on my life. At first, as I was starting to walk more, I felt like I was walking slower than a turtle. Over time, I started walking faster and more comfortably. Now, I am able to walk a 5k and ride my bike with ease. It is so freeing being able to ride my bike without all the extra weight. Within a month of my surgery, I was able to be taken off my three medications. I now value going to the gym 5 days a week, being able to walk several miles without anything hurting or being a hot sweaty mess. Doing everyday things like going up and down stairs, getting up off my couch, sitting in a chair with armrests or in a booth, as well as other things have become much easier. I now look at food in a much different manner than I did prior to my surgery because I have a new lease on life. I have learned how to pick healthy foods vs going for the feel-good foods. I love that I can enjoy life now to the fullest, whereas before life was a struggle. The advice I have for other patients is that bariatric surgery will change your life forever. I have zero regrets about having this surgery. The only thing I regret is not doing it sooner. In my opinion, Dr. Chang is the BEST there is.



Swedish Meatballs – Skinnytaste Recipe

Serving: 4 meatballs **Calories:** 293 calories

Carbohydrates: 8.5g **Protein:** 30g **Fat:** 14g **PREP TIME:** 10 mins **COOK TIME:** 30 mins **TOTAL TIME:** 40 mins

INGREDIENTS

- 1/2 tablespoon olive oil
- 1 small onion, minced
- 1 clove garlic, minced
- 1 celery stalk, minced
- 1/4 cup minced parsley
- 1/2 pound 93% lean ground turkey
- 1/2 pound 95% lean ground beef
- 1 large egg
- 1/4 cup seasoned breadcrumbs or gluten-free crumbs
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon allspice
- 2 cups reduced sodium beef broth
- 3 ounces reduced fat cream cheese
- chopped parsley, for garnish

INSTRUCTIONS

1. In a large nonstick skillet, heat olive oil over medium heat and add onions and garlic. Sauté until onions are translucent, about 4-5 minutes. Add celery and parsley and cook until soft, about 3-4 more minutes. Set aside to cool.
2. In a large bowl, combine beef, turkey, egg, onion mixture, breadcrumbs, 1/4 teaspoon salt, pepper and allspice. Mix well and form into 16 meatballs.
3. Add beef broth to the pan and bring to a boil. Reduce the heat to medium-low and slowly drop meatballs into the broth. Cover and cook about 20 minutes, until cooked through.
4. Remove the meatballs with a slotted spoon and set aside in a serving dish. Strain the broth, transfer to a blender with cream cheese and blend until smooth. Return to the skillet with the meatballs and simmer

Big Plans for 2022!

Establishing Advanced Bariatrics own Support Group!

Those looking to participate or share ideas – reach out to Kiersten at kkern@advancedsurg.net.



Offering medically managed weight loss options through Vanessa.



Offering multivitamins and meal replacement options.



Continuing to grow our bariatric family & help people achieve their health and weight loss goals!

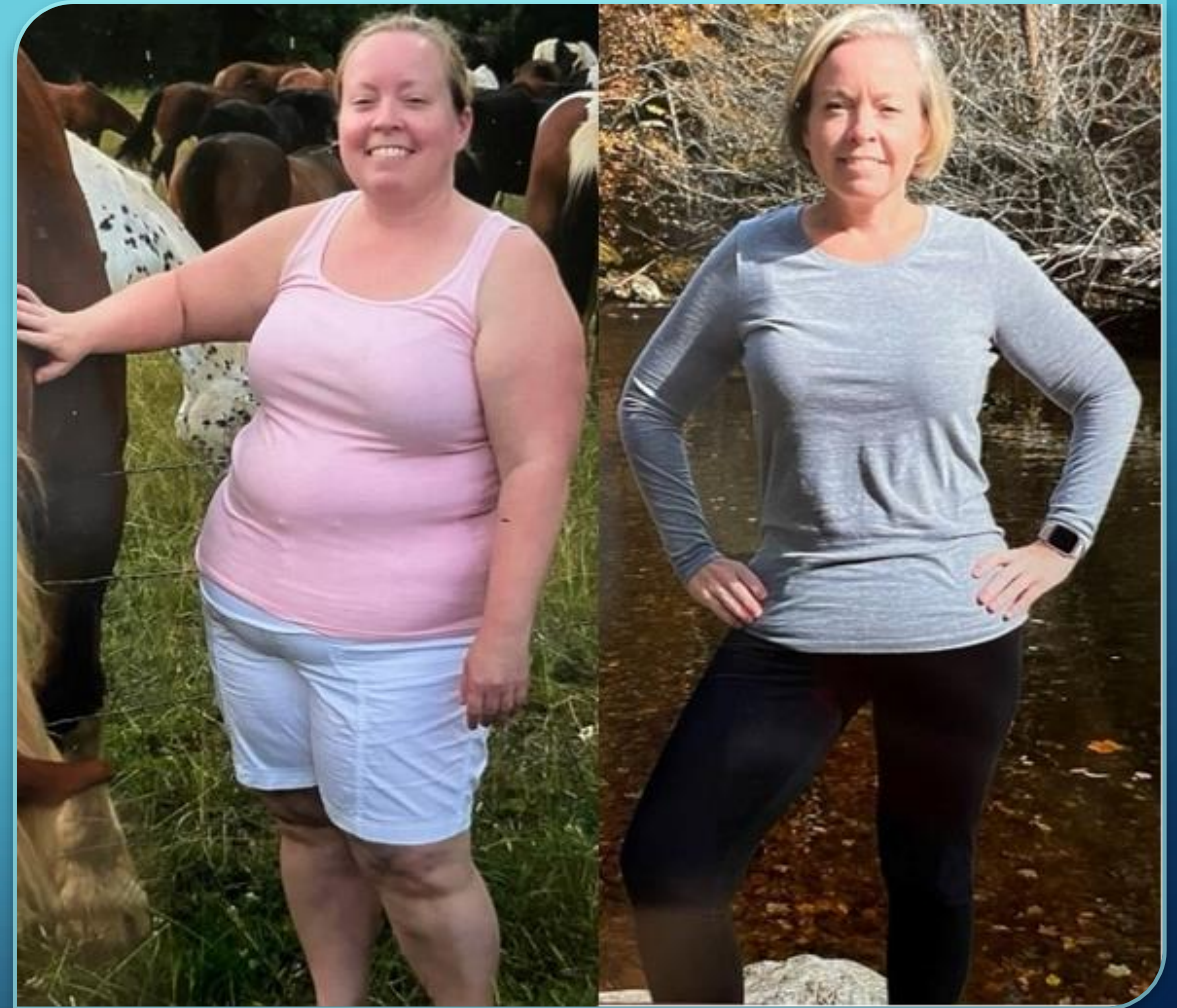


Patient Success Story – Joy R.

#teamcheregi

Bariatric surgery has totally changed my life for the better! It has changed my life in ways I hadn't anticipated. I'm much happier, have more energy, more stamina, and I feel so much better about myself. I'm no longer dealing with daily leg, joint, or back pain and rarely have headaches. I have more spring in my step! The support that I have received from my husband and kids is amazing! They are all eating better. The ripple effect has touched my whole family and friends. I eat normal food, whatever I want as long as it stays within the parameters of my new way of eating. It's a life change but the benefits far outweigh the sacrifices, 100 times over.

Dr. Cheregi is awesome! He has been my biggest cheerleader! He has never made me feel like a lesser person or embarrassed because of my weight. He has always made me feel that he is on my side and there to help in any way he can. He believes in the process. He believes in ME! I'm so thankful!



101 lbs. Lost!

#mondaymotivation

#barituesday

We can't tell you how much we love to see your milestones, successes, and transformations. Tell us how bariatric surgery transformed your life on Facebook, Instagram, LinkedIn, and Twitter!

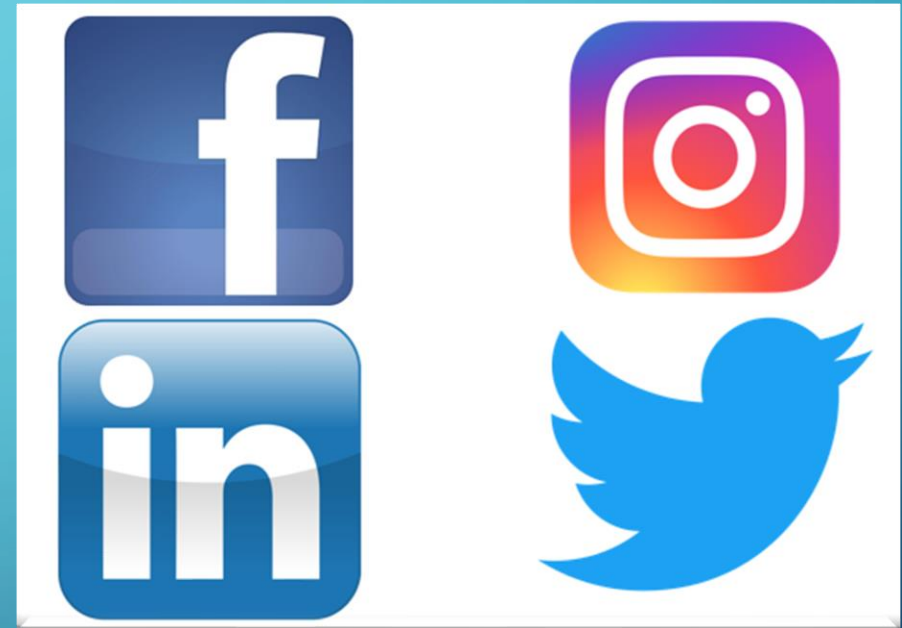
@advbariatrics

#teamcheregi #teamchang

#weightlosswednesday

#throwbackthursday

#facetofacefriday



**TELL YOUR STORY ON
SOCIAL MEDIA!**



Happy New Year's

We hope you all enjoyed January 2022's newsletter. Please share with your family and friends! As always, we love expanding our bariatric family. Contact Kiersten or Melissa to learn more information and to book a consultation. Follow us on **social media** for the most current information regarding upcoming events!

kkern@advancedsurg.net | mrios@advancedsurg.net

Advanced Bariatrics

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<https://advancedbariatrics.com/>

Lose up to 80-120 pounds in the first year after surgery!

Happy Valentine's Day

Happy St. Patrick's Day

