



Advanced
BARIATRICS

OCTOBER 2021 NEWSLETTER



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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.

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
John R. Cheregi, MD FACS
#teamcheregi



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.



Your Surgical Team
Hsin-Yi Chang, MD FACS
#teamchang



Melissa
#teamchang



Kiersten
#teamcheregi

Your Bariatric Coordinators

Kiersten and Melissa are the bariatric coordinators for Dr. Cheregi and Dr. Chang. They guide our patients through the entire process 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.



Dietitian Team

Advanced Bariatrics is excited to introduce our team of dietitians. We love the passion, excitement, and energy these three women bring to our bariatric family. Most importantly our patients will be able to benefit from their education and creativity!

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.

Jessica has a passion for the power of nutrition and healthy lifestyle changes in transforming our health and how we look, feel, and function each and every day.



Dietitian – Jessica Barker, MS, RD



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.

She has worked with weight management patients, pre- and post-surgical patients, patients struggling with disordered eating/eating disorders and athletes for the past six years. She is passionate about helping patients to improve their relationship with food and reach all of their health and wellness goals.



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



2021 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.

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- Saturday, October 30th @ 9:30 AM – Dr. Cheregi**
 - Saturday, November 13th @ 9:30 AM – Dr. Chang**
 - Wednesday, November 17th @ 6:00 PM – Dr. Cheregi**
 - Wednesday, December 15th @ 6:00 PM – Dr. Cheregi**
 - Wednesday, December 22nd @ 6:00 PM – Dr. Chang**

2021 Support Groups

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!**

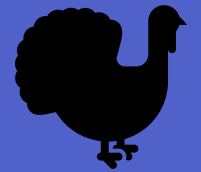
Going forward, support groups may be held with Zoom or in-person. To determine if the upcoming meeting is in-person or virtual, e-mail Amy

Paulus at amy.paulus@aah.org.



October
9th

November
13th



December
11th



4.5 months, 135 days PO

75# lost

from a size 20 to a 14

from a 2XL to a L

More confidence

shawnakaye.vsg This journey has been amazing and it isn't over! My relationship with food has changed so much and I feel so much happier and confident in my new self! So thankful for my husband through this journey xoxo! My doctor and his team made this possible and are forever part of my life **#vsg** **#vsgcommunity** **#vsgtransformation** **#bariatricsurgery** **#bariatricbabes** **#gastricsleeve** **#gastricsleevebeforeandafter** **#onderlandparty** **#teamcheregi** **#advbariatrics**



PATIENT SUCCESS – SHAWNA C.

Love this @shawnakaye.vsg & her beautiful smile says it all! She is down 75 lbs. since her gastric sleeve with **#teamcheregi** @advbariatrics We love seeing the weight loss transformation & the confidence grow! She's only at the beginning of her weight loss journey & it is our privilege to walk with her through every stage! Can't wait for her 1-year post op! **#happysunday** **#confidenceissexy** **#powerofshe** **#strongwomen**

Get Vaccinated



Only **63.4%** 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

Getting vaccinated and losing weight are the top 2 things you can do to protect yourself and others from contracting COVID-19 or having a severe case.

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

Advanced Bariatrics Christmas Party

The Advanced Bariatrics Team will be hosting its second annual Christmas Party at Pinstripes in South Barrington!

We want to invite our patients who have had surgery previously and those just starting their weight loss journey to celebrate the success of all your accomplishments. Making the decision to have surgery and maintaining the commitment to the lifestyle change afterwards is something to be celebrated!

The event will include an appetizer buffet along with bocce and bowling. Please RSVP to Kiersten at kkern@advancedsurg.net. All attendees need to respond by **November 22nd**.

- **Party Date: December 3rd**
- **Party Time: 6:00 PM – 8:00 PM**
- **Location: Pinstripes – South Barrington**

100 W Higgins Rd.

South Barrington, IL 60010



PATIENT SUCCESS VERONICA L.

#facetofacefriday Check out this **#stunningbeauty** @_veronicarenee_ is unrecognizable after her 155 lb. **#weightloss** with **#teamcheregi** @advbariatrics 18 months after her **#gastricbypass** & she is **#crushingit** She is such an **#inspiration** We couldn't be more proud of her! This is why we do **#bariatricsurgery**
#weightlosstransformation **#bariatricbabes**
#strongwomen **#redhead** **#powerofshe** **#tgif**





12 Tips of Christmas Healthy for the Holidays



1. **Track everything!** It doesn't have to be precise (you may not know exactly how many calories Grandma's sugar cookies have), but tracking even those not-so-healthy snacks and treats will help you to stay mindful.
2. **Never skip meals.** Make sure to stick to the three balanced meals goal (think My Plate) on the day of the holiday feast.
3. **Use a protein shake to stave off hunger before an event/party.** Even if you do have balanced meals, the fest may fall in between. Use a protein shake to take the edge off of hunger right before the event.
4. **Enact the One-Plate Rule.** Think about My Plate when adding your lean protein, vegetables and carbohydrates. Remember, you don't have to choose large servings, just try a taste of everything. Use the "carb corner" of your plate for a taste of the mashed potatoes, sweet potato pie, and a cookie. You'll get a taste of all of your favorites while controlling the portions.
5. **Always bring a healthy dish to pass.** If you know there will be at least one lower-calorie option, that you bring, you know that at least half of your plate will be a healthy choice.
6. **Exercise before and after the festivities.** Make sure to get in a sweat session before the actual event. Think of this as creating a "credit" in your calorie budget – burning some extra calories in anticipation of what you will be eating at the party. After the main event, take a brisk walk with family or friends and catch-up in a quieter, more intimate environment.
7. **Be smart if you are consuming alcohol.** If you're choosing to drink alcohol, first make sure to lighten up your mixers choosing light or diluted juices, diet sodas and tonic waters, or skip the simple syrup. Choose light beers over full-calorie varieties and remember one serving of wine is five ounces. To save calories and stay better hydrated, you can also make every other drink water.
8. **Buddy up and phone a friend if you're feeling tempted.** Having that guaranteed support can make you feel more in control and the holidays a little merrier.
9. **Freeze leftovers. Remember, the freezer is your friend!** Divvy up your leftovers into single-serving containers to enjoy in the weeks to come.
10. **Give away leftovers to all who attend the festivities.** If you feel that you can't trust yourself with leftovers, give the excess food away to guests as parting gifts.
11. **Make a list of why you chose this healthy path.** You can refer to your "list of why" when the holidays make sticking with your healthy journey tough. This healthy lifestyle journey is not always easy, but remembering why you started on this path will help lift you to continue toward your ultimate health goals.
12. **Remember what the holidays are about.** The holidays are definitely about celebration, food and fun but the true meaning of the holiday season is togetherness with friends and family. Focusing on spending time with those we love, and not only about the feast that follows can help you stay on track during the marathon of holiday feasts.

Brussel Sprout Gratin – Skinnytaste

[HTTPS://WWW.SKINNYTASTE.COM/BRUSSELS-SPROUTS-GRATIN/#RECIPE](https://www.skinnytaste.com/brussels-sprouts-gratin/#recipe)

110 Cals 7 Protein 12 Carbs 5 Fats

PREP TIME: 5 mins COOK TIME: 45 mins TOTAL TIME: 50 mins

YIELD: 6 SERVINGS

Ingredients:

- 16 oz brussels sprouts, trimmed of outer leaves and sliced in half
- 1/4 tsp kosher salt
- black pepper, to taste
- olive oil spray
- 1/2 tbsp butter
- 1/3 cup chopped shallots
- 2 tsp all purpose flour, or gluten free flour for GF
- 3/4 cup fat free milk
- 1/4 tsp kosher salt
- 1 tsp fresh thyme
- 1 tbsp grated parmesan cheese
- 2 oz grated Gruyere cheese, divided

Instructions:

- 1.** Preheat oven to 400°F. Spray an 8"x12" gratin dish or casserole with olive oil. Add the brussels sprouts and season with salt and pepper. Spray more olive oil over the brussels and place in the lower third of the oven. Bake 15 minutes, toss and bake an additional 10 minutes.
- 2.** Meanwhile, heat a medium nonstick pan over medium heat. Add butter and let it melt, add the shallots and cook until softened, about 4 to 5 minutes. Sprinkle the flour over the shallots to make a roux, whisking for 1 to 2 minutes. Add the milk and stir with a wooden spoon until the roux is incorporated into the milk. Cook over medium-low heat for about 4 minutes, stirring, until the sauce thickens. Add fresh thyme, parmesan and half of the grated Gruyere cheese into the white sauce and stir until the cheese is melted and incorporated into the sauce.
- 3.** Pour over the brussels sprouts, and top with the remaining cheese. Bake for 15 minutes until top is lightly browned and bubbly.



Patient Success – Russell G.

I searched for a surgeon for three years for weight loss surgery. I have personally read thousands of reviews and there are a lot of nightmares out there. Then, I found Dr. Cheregi! I watch dozens of videos on YouTube went to their site read articles and reviews which led me to call the office and talk to Kiersten. Which by the way, she is absolutely amazing, so caring, and passionate about what she does! She gave me more information, and I set up my first appointment.

It was the best decision I ever made! I had many questions because this was a life-changing venture that I was about to take. Even when talking to Dr. Cheregi I had a thousand questions. He is the only doctor that I have been to that also was very passionate about what he does and how he changes your life. He never rushed me or interrupted me and answered every single one of my questions. At one point, I weighed over 350 pounds.

Now, one year later, I'm down 146 pounds! There is nothing that I can't eat. It's truly amazing, and it is a life changing experience. If you want a second chance at life and enjoy it to the fullest, make your appointment today at least go to the consultation and ask questions you will not regret it. I am 63 years old it's never too late to change your life. Dr. Cheregi and his team are truly amazing!



Down 146 lbs!

#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!

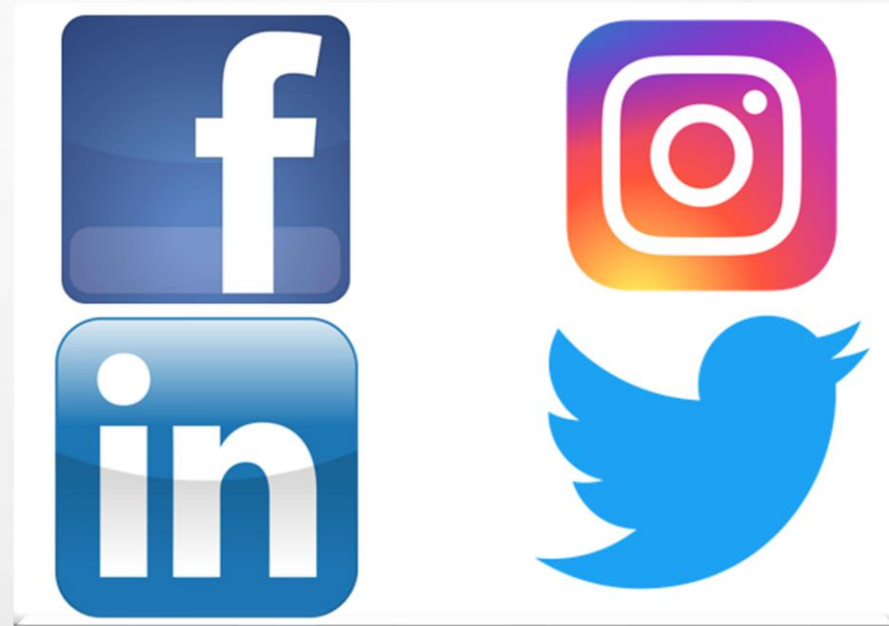
@advbariatrics

#teamcheregi #teamchang

#weightlosswednesday

#throwbackthursday

#facetofacefriday



**TELL YOUR STORY ON
SOCIAL MEDIA!**



Happy Halloween

Happy Thanksgiving

We hope you all enjoyed October 2021'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!

Merry Christmas

Happy Holidays

