



Advanced
BARIATRICS

July 2022 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.



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 joined 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 manages our medically managed weight loss program. She also provides pre-operative education and heads our support group for patients. She works 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: mrios@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.

Jessica's email: rdjessicabaker@gmail.com



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.

Audra's email: auwilson@advancedsurg.net



Medically Managed Weight Loss Program

- Surgery is not always the only tool for everyone when it comes to the Weight Loss Journey. For those that are in the 27-35 BMI range seeking improved health through weight loss, we now offer additional tools and help in achieving success.
- The weight loss journey begins with a complete and thorough assessment of your individual needs by our experienced team at Advanced Bariatrics. Medically managed weight loss has improved significantly over the years, and we are now finally at the beginning stages of finding very efficacious weight loss medications and methods that have vastly improved outcomes.
- The complex assessment includes individualized and tailored guidance via nutritional education, identifying psychological stressors and behaviors, and the development of coping mechanisms. It also involves finding the right medication that works for you. The medically managed weight loss world is complex and often daunting. Advanced Bariatrics will help identify your specific needs and develop a winning strategy for accomplishing your goals of weight loss and healthy living. Whether you need help with lifestyle, behavioral, psychological, or nutritional modifications we are committed to finding that perfect balance for you on an individualized basis. Call us for your initial consultation. We continue to offer virtual or in-person consultations.
- There is no longer any reason to not be living your best life. Between the Medically Managed Weight Loss Program and Surgical Weight Loss Program – Advanced Bariatrics is your one-stop shop for finding that elusive healthy you that you've been looking for.
- **We Offer:**

Lifestyle Coaching	Behavioral Health Specialists
Registered Dietitian Guidance/Specialists	The Latest Medications
Tailored Individual Programs with Follow-Up visits and Long Term Care	Safe & Proven Methods – Medical or Surgical

2022 Facebook Live Info 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.

July 23rd @ 9:30 AM – Dr. Cheregi

August 24th @ 6:00 PM – Dr. Cheregi

August 31st @ 6:00 PM – Dr. Chang

September 24th @ 9:30 AM – Dr. Cheregi

July Support Group

July 6th at 6:00 PM

Getting Active Outdoors

Join Nurse Practitioner Vanessa and our dietitian Jessica for our first in-person support group. Jessica is a certified personal fitness trainer, and we are looking forward to her sharing her expertise for our “exercise in the park.”

- Location: Independence Grove Forest Preserve
- 16400 W Buckley Rd.
- Libertyville, IL 60048
- Parking Lot E by Millenia Plaza



August Support Group August 13th at 9:30 AM **Ask the Plastic Surgeon**

One of the most common questions patients have after surgery concerns excess skin and what their options are. At August's Support Group, we are excited to connect our patients with Dr. Gunnar Thor's, board-certified plastic surgeon. Dr. Thor's will be discussing the various non-surgical and surgical techniques available for patients during his presentation.

Location: Country Inn & Suites
Lincoln Room
600 Tracy Trail
Crystal Lake, IL 60014



*Gunnar Thors MD, FACS
Board Certified Plastic Surgeon*

September Support Group September 12th at 6:30 PM Grocery Store Tour

Following bariatric surgery, patients make a significant change to their lifestyle. The biggest impact felt by patients is in regards to their diet. As a result, when grocery shopping with your “new body,” it can be challenging trying to find the healthy alternatives to the foods you love. Join Nurse Practitioner Vanessa and Dietitian Jessica for a Grocery Store Tour to guide you through the maze of aisles to your ultimate destination to better health.

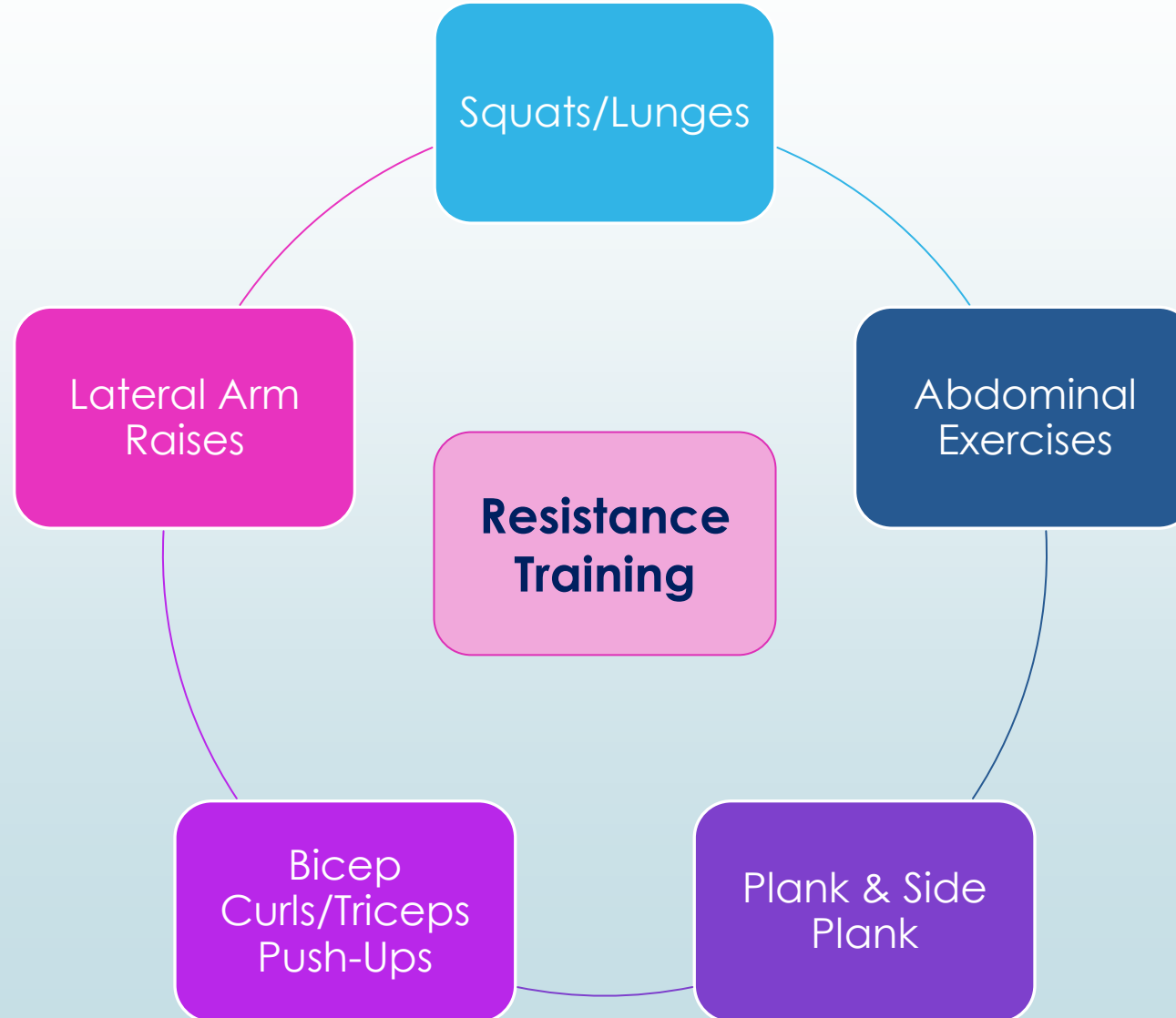
Location: Jewel Osco – Fox River Grove
800 Northwest Hwy
Fox River Grove, IL 60021



Fun Times:



Tips to Improve/Prevent Excess Skin



Patient Success: Megan B.

Happy 9-month anniversary to me!

If anyone is wondering what a bariatric sleeve is – Barry is an example of what was done. The dark pink part is what is left of my stomach (the sleeve) and the light pink part is the part they cut off. This leaves you with the tool of restriction to help prevent over eating and allow for you to feel fullness and satisfaction with less food. This has been the tool I needed to finally feel satiated with eating my healthier lifestyle. I had stretched my stomach out so much with my binge eating that it was looser and stretched out than someone who didn't daily push their fullness to the extreme.

This has been my biggest life change, but it also saved my life. I enjoy life so much more and didn't realize how much I was missing out on. Thank you again Dr. Cheregi and @advbariatrics (Kiersten, Vanessa, and Audra) for being there for me every step of the way. Without them, therapy, and support groups, I wouldn't have made such major progress like I have today!



#TEAMCHEREGI
Sleeve Gastrectomy
September 2021

Buffalo Shrimp Lettuce Wraps

Buffalo Shrimp Lettuce Wraps

Serving: 3wraps, Calories: 242kcal, Carbohydrates: 6.5g, Protein: 25g, Fat: 12g, Saturated Fat: 2g, Cholesterol: 177mg, Sodium: 1222mg, Fiber: 1g, Sugar: 3g

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 pound peeled and deveined large shrimp, chopped
- 2 garlic cloves, minced
- 1/3 cup hot sauce, such as Frank's
- 1 head romaine or butter lettuce, leaves separated, for serving (12 leaves)
- 1/4 cup red onion, finely chopped
- 1 rib celery, sliced thin
- 1/2 cup [light blue cheese or ranch dressing](#), homemade or jarred
- chopped chives, optional garnish

INSTRUCTIONS

In a large skillet over medium heat, heat oil. Add shrimp and garlic. Cook, flipping halfway, until pink and opaque on both sides, about 2 minutes per side. Turn off heat and add the hot sauce, tossing to coat.

Assemble wraps: Add scant 1/4 cup of shrimp to the center of a romaine leaf, then top with dressing, red onion, celery and chives.

Recipe courtesy: <https://www.skinnytaste.com/buffalo-shrimp-lettuce-wraps/>



Overcoming the Insurance Barrier for Bariatric Surgery

One study shows that the average time from considering weight loss surgery to actually having the procedure is 3 years. A lot of time can be spent studying, reading and talking to post-op patients about their surgery.

The average cost of gastric bypass surgery is \$23,000, the average cost of lap band is \$14,500, and the average cost of sleeve gastrectomy surgery is \$14,900. So before getting too involved, spend time determining if your insurance will cover weight loss surgery.

Weight loss surgery is predominantly performed on middle to upper class patients. Most people considering weight loss surgery cannot pay \$20,000 to lose weight. While most insurance carriers offer some sort of weight loss surgery coverage, your individual policy details what's included and what's not. Some policies specifically exclude weight loss surgery. Most insurance companies charge more to include weight loss surgery coverage. For this reason, you will want to check your policy to see if you have coverage.

If your insurance excludes coverage for bariatric surgery, remember it took you a long time to gain the weight and you've probably been trying for most of your life to lose the weight. Be patient and stay focused on getting to surgery.

- Before it's time to choose your benefits for the year, make a call to HR and ask specifically about weight loss surgery. Often, the PPO plan offered includes weight loss surgery coverage while the HMO plan does not. And if none of the insurance plans offer weight loss surgery, ask why. There is great evidence available that shows the health benefits of weight loss surgery. Not only will having the surgery, change your life, it will make you a more productive worker!
- Consider a medical loan. Many bariatric programs work with companies that offer loans for patients who want to undergo bariatric surgery but do not have insurance coverage. Ask your bariatric surgeon if they work with any financial institutions for loans.
 - Your car probably cost more than bariatric surgery. Which one will make you healthier and feel better?
- Consider a job with amazing benefits. Yes, in some cases it may make sense to look for a new job just for the benefits.

Patient Success: Morgan P.

Re-learning how to fuel my body properly & develop an exercise routine that allows me to reach my goals has been challenging but so much fun! I am officially 90 lbs. down from my highest weight & mentally feel so much better than I ever have. I'm so thankful for this journey & the people who supported me on it since day 1! #vsg #bariatricsurgery #teamcheregi #fitnessjourney #wlscommunity

#TEAMCHEREGI
Sleeve Gastrectomy
November 2021



#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!

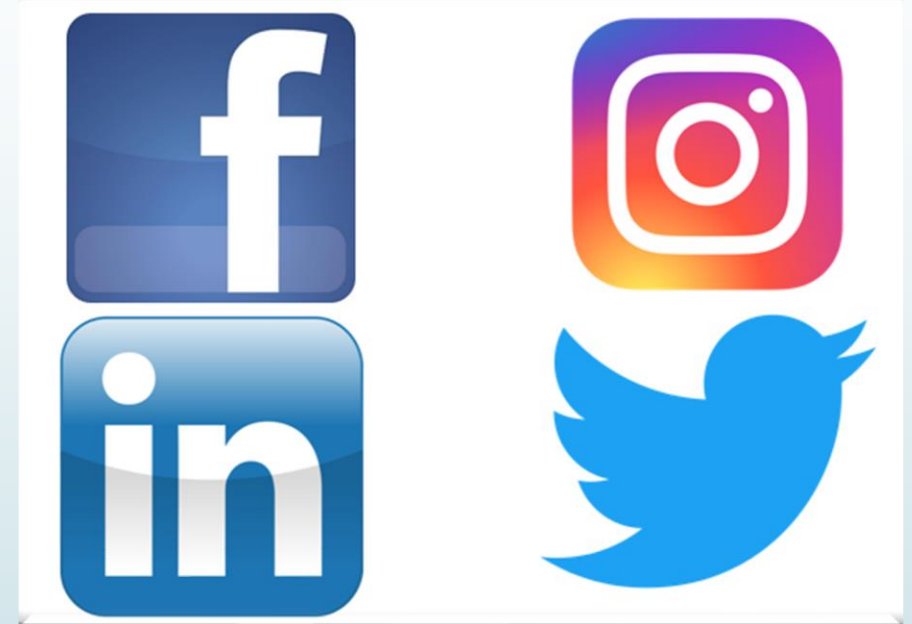
@advbariatrics

#teamcheregi #teamchang

#weightlosswednesday

#throwbackthursday

#facetofacefriday



Tell your story on
social media!

We hope you all enjoyed July 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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SCAN ME

P: 847-350-9564

<https://advancedbariatrics.com/>



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

Visit the Advanced Bariatrics Website

Join the Facebook Support Group