



**Advanced**  
BARIATRICS

**January 2023 Newsletter**



# Table of Contents

- Who is Advanced Bariatrics?
- Your Surgical Team
- Nurse Practitioner Vanessa
- Your Bariatric Coordinators
- Dietitian – Jessica
- Dietitian – Audra
- Dietitian - Chrissy
- 2023 Facebook Live Info Seminars
- Read All about it – Major updates to National Guidelines for Bariatric Surgery
- January Support Group
- February Support Group
- March Support Group
- 2022 Christmas Celebration – Celebrating our Top “Losers”!
- Patient Success: Lori B.
- 16 Reasons Why New Year’s Resolutions Fail
- Patient Success: Brigitte B.
- 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 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 no longer treats patients' comorbidities. Now, she plays an active 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.

# 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.

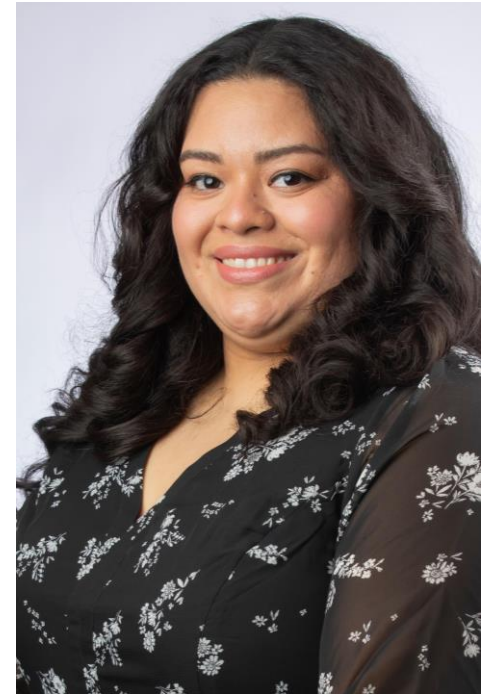
For new patients, we have a phone # that **Melissa** and **Kiersten** can be reached at directly: **847-350-9564**.

Kiersten: [kkern@advancedsurg.net](mailto:kkern@advancedsurg.net)

Melissa: [mradcliffe@advancedsurg.net](mailto:mradcliffe@advancedsurg.net)



Kiersten Kern  
Bariatric Administrator  
#teamcheregi



Melissa Radcliffe  
#teamchang



# 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](mailto: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](mailto:auwilson@advancedsurg.net)





# Dietitian:

## Chrissy Komjathy, MS, RD, LDN



Advanced Bariatrics is excited to announce a new addition to our bariatric family! We have added another dietitian to our team to continue supporting our patients on their weight loss journey.

Christine Komjathy received her Masters Degree in Clinical Nutrition from Rush University in 2010. Christine has over 12 years of experience counseling patients on weight loss.

Christine also spent 5 years in a University research setting studying the public perceptions of diets for weight loss.

Christine is also a Certified Group Fitness Instructor through the Academy of Sports Medicine. She enjoys teaching classes to older adults and adults with disabilities.

Chrissy's email: [ckomjathy@advancedsurg.net](mailto:ckomjathy@advancedsurg.net)



# 2023 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.

Wed., Jan. 11<sup>th</sup> @ 6:00 PM – Dr. Cheregi

Sat., Jan. 14<sup>th</sup> @ 9:30 AM – Dr. Chang

Sat., Feb. 18<sup>th</sup> @ 9:30 AM – Dr. Cheregi

Wed. March 8<sup>th</sup> @ 6:00 PM – Dr. Cheregi



# Read All About It!

## Major updates to 1991 National Institutes of Health guidelines for bariatric surgery

Thirty years ago, the National Institutes of Health (NIH) convened a Consensus Development Conference that published a Statement on gastrointestinal surgery for severe obesity, reflecting expert assessment of the medical knowledge available at the time. Specifically, it sought to address “the surgical treatments for severe obesity and the criteria for selection, the efficacy and risks of surgical treatments for severe obesity, and the need for future research on and epidemiological evaluation of these therapies,” and included specific recommendations for practice. The 1991 NIH Consensus Statement has been used by providers, hospitals, and insurers, as a standard for selection criteria for bariatric surgery. **A body mass index (BMI)  $\geq 40$  kg/m<sup>2</sup>, or BMI  $\geq 35$  kg/m<sup>2</sup> with co-morbidities**, is a threshold for surgery that is applied universally.

Since its publication, hundreds of studies have been published on the worldwide obesity epidemic and global experience with metabolic and bariatric surgery (MBS), which has greatly enhanced the understanding of obesity and its treatment. In light of significant advances in the understanding of the disease of obesity, its management in general, and metabolic and bariatric surgery specifically, the leaderships of the American Society of Metabolic and Bariatric Surgery (ASMBS) and the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) have convened to produce this joint statement on the current available scientific information on metabolic and bariatric surgery and its indications.

- **MBS is recommended for individuals with BMI  $\geq 35$  kg/m<sup>2</sup>, regardless of presence, absence, or severity of co-morbidities as of 2022 publication of new guidelines.**
- MBS is recommended in patients with T2D and BMI  $\geq 30$  kg/m<sup>2</sup>.
- MBS should be considered in individuals with BMI of 30–34.9 kg/m<sup>2</sup> who do not achieve substantial or durable weight loss or co-morbidity improvement using nonsurgical methods.



# January Support Group Virtual Cooking Demo



Date: Jan. 16<sup>th</sup> at 6:30 PM  
Location: Zoom

To kick off the 2023 support group, we will have dietitian Jessica join us to perform a virtual, healthy cooking demo. Sometimes what holds us back is not knowing how easy it can be to cook healthy meals. With this support group, we hope you all will be inspired to tackle for some what is your biggest fear – cooking!



# February Support Group

## The Importance of Vitamins & Minerals

Date: Feb. 27<sup>th</sup> at 6:30 PM  
Location: Zoom

Joining Vanessa for support group will be our Bariatric Advantage rep, Dena! Regardless of which bariatric vitamin you take, it is still very important to ensure your body is getting all the nutrients it needs. Be sure to attend this meeting as Dena always has some free “giveaways” and special promotions to share.





# March Support Group Overcoming Weight Stalls



Date: March 6<sup>th</sup> at 5:30 PM  
Location: Zoom

Immediately following bariatric surgery, it is very easy to lose the weight. However, it is natural for the weight loss to slow down and sometimes stall. Do not be discouraged! Dietitian Audra joins us this month to share tips and tools to help overcome these momentary stalls.





# 2022 Christmas Celebration Celebrating our Top “Losers”!



Top Losers	% of Excess Weight Lost
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Leba B.	87.9%
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Alma D.	84.6%
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Robert M.	78.8%
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Joy R.	75.7%
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Janice L	74.3%
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Kathleen B.	74.2%
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# Patient Success: Lori B.



#TEAMCHEREGI  
Gastric Sleeve  
June 2021

I have for two-thirds of my life been morbidly obese. For a long time, I could claim I was a healthy, obese woman until I couldn't. My doctor asked me to have bariatric surgery when I developed hypertension and insulin resistance as he placed me on medications. My morbid obesity also caused me joint pain, difficulty moving, and a lack of confidence. I resisted having the surgery arguing that I could not be successful with that when I was not active, did not have healthy eating habits, and so much more.

At yet another annual physical, he again pleaded with me to consider the surgery, adding that my risks for significant health concerns were increasing due to my age. I expressed how frustrated I was that no matter what I did I could not seem to lose any more weight. He then shared research that supported his recommendation for me to have the surgery. I agreed to have a consultation and made the appointment with Dr. Cheregi.

Prior to my appointment with Dr. Cheregi, I had the good fortune to hear him present at a medical department meeting where he passionately shared the message about the number of people with obesity, the fact that obesity kills, and that he had the answer to change this. When I met with Dr. Cheregi and his team and as they explained the program, I realized I was going to schedule the surgery for my health.

It has been the best decision in my life. The surgery and post-op program allowed me to establish healthy eating, regular activity, hydration, and overall healthy habits. For the first time in over 40 years, I am no longer morbidly obese or obese. I am now in the overweight category nearing a healthy weight. I lead a full active confident life with improved health. I no longer require blood pressure medication or insulin resistance meds. All my lab values are exceptional. I am pain-free and able to do things I dreamed of such as hiking in a national park, dancing my heart out all night long, and so much more. Also, I did not realize how much my morbid obesity robbed me of being confident. I am grateful for Dr. Cheregi, his team, and the program that allowed me to re-teach my taste buds, prioritize my health, and enrich my life. Do not hesitate to take the next step to your health, well-being, and full life.



# 16 Reasons Why New Year's Resolutions Fail

## 1. You're Treating a Marathon Like a Sprint

Slow and steady habit change might not be sexy, but it's a lot more effective than the "I want it ALL and I want it NOW!" mentality. Small changes stick better because they aren't intimidating (if you do it right, you'll barely even notice them!).

## 2. You Put the Cart Before the Horse

"Supplementing" a crappy diet is stupid, so don't even think about it. Focus on the actions that produce the overwhelming amount of results. If it's not important, don't worry about it.

## 3. You Don't Believe in Yourself

A failure to act can cripple you before you leave the starting line. If you've tried (and failed) to set a New Year's resolution (or several) in the past, I know it might be hard to believe in yourself. The only way to defeat doubt is to believe in yourself. Who cares if you've failed a time or two? This year, you can try again (but better this time).

## 4. Too Much Thinking, Not Enough Doing

The best self-help book in the world can't save you if you fail to take action.

## 5. You're in Too Much of A Hurry

If it was quick-and-easy, everybody would do it, so it's in your best interest to exercise your patience muscles.

## 6. You Don't Enjoy the Process

The best fitness plan is one that causes the least interruption to your daily life. The goal isn't to add stress to your life, but rather to remove it.

## 7. You're Trying Too Hard

Unless you want to experience some nasty cravings, don't deprive your body of pleasure. The more you tell yourself you can't have food, the more you're going to want it. As long as you're making positive choices 80-90% of the time, don't sweat the occasional indulgence.

## 8. You Don't Track Your Progress

Keeping a written record of your training progress will help you sustain an "I CAN do this" attitude. All you need is a notebook and a pen.



# 16 Reasons Why New Year's Resolutions Fail

## 9. You Have No Social Support

It can be hard to stay motivated when you feel alone. The good news? You're not alone: far from it. Join a support group of like-minded folks.

## 10. Figures are Not in Your Favor

As per Statistic Brain Research Institute, only 8% of the people who make new year's resolutions can stick to it. As per Statistic Brain Research Institute, only 8% of the people who make new year's resolutions can stick to it.

## 11. New Year Resolutions Seldom Have an Opposite Effect

If you fall into the category of people who have made new year's resolutions in the past and have failed, then you would easily relate to this fact. However, as time passes, the resolve to continue on the path weakens, and people fall back to their old habits. The worst part is that they are worse than before in terms of their resolve keep!

## 12. Breaking and Forming Habits is Not a One-Day Errand

Whether we talk about giving up smoking or exercising daily, or controlling weight – none of these are tasks that can be achieved in one day. You need consistency if you want these goals to be achievable! Something that cannot be defined by date.

## 13. Repeated Failures Breaks Your Confidence

Repeated failures break our will and confidence to do something. The constant reminder of failing every time is discouraging for anyone. After a while, it stops you even from developing that courage to make a resolution. Now, the question is, why bother punishing your mental wellbeing on account of the new year's resolution?

## 14. You're Just Procrastinating

If you really want to do it, why wait for some date? The point is – if you really want to do something or give up something, you need not wait for any date to start putting in an effort. Everything that shapes your future begins now!

## 15. Non-Accomplishment Brings Negativity

People who fail to stick to their resolutions often resent making the decision in the first place. They give out reasons or even blame others for their failures. The resultant behavior reflects anger and negativity.

## 16. You Know Your What but Not Your Why

The biggest reason why most New Year's resolutions fail: you know what you want but you not why you want it.



# Patient Success: Brigitte B.



#TEAMCHEREGI  
Gastric Sleeve  
May 2022

I am officially down 111.6 lbs.! I feel phenomenal! This season I bought a women's double layer Under Armour XL jacket...wait for it...off the rack! I was also able to purchase XL base layers so that I can actually stay warm and play with my kids when it is freezing outside. I bought a pair of extra long snow pants on Amazon. I assumed the XL was going to be too small so I ordered the 2X and just about cried happy tears when they were too big even when I pulled the "adjustable waist" tabs to make them as small as they could go.

This journey is SO much more than the number on the scale! Yes, the scale helps to keep me in check. When I hit those long plateaus (and it feels like there have been many), I know I need to go back to basics. BUT...there will always be a learning curve, ups and downs, and times when we need to dig deep and get back on track. I always get SO excited when I see things moving in the right direction. I confidently tell people I ONLY have 50 more lbs. to go before I decide if I am going into maintenance. Before it felt daunting, now I KKNOW I will get there!

Consult weight: 346

Lost before surgery: 25

Surgical weight: 321

Lost after surgery: 86.6

Today's weight: 234.4

Total overall lost: 111.6

Thank you SO much #teamcheregi and @advbariatrics for giving me my life back with #VSG and supporting me on this #bariatricjourney



# Tell Your Story on Social Media!

**#barituesday**

**#weightlosswednesday**

**#mondaymotivation**

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**

**#throwbackthursday**

**#facetofacefriday**



We hope you all enjoyed January 2023'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](mailto:kkern@advancedsurg.net) | [mrادcliffe@advancedsurg.net](mailto:mrادcliffe@advancedsurg.net)

## Advanced Bariatrics

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



**SCAN ME**

Visit the Advanced Bariatrics Website



**SCAN ME**

Join the Facebook Support Group