



Advanced
BARIATRICS

October 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.

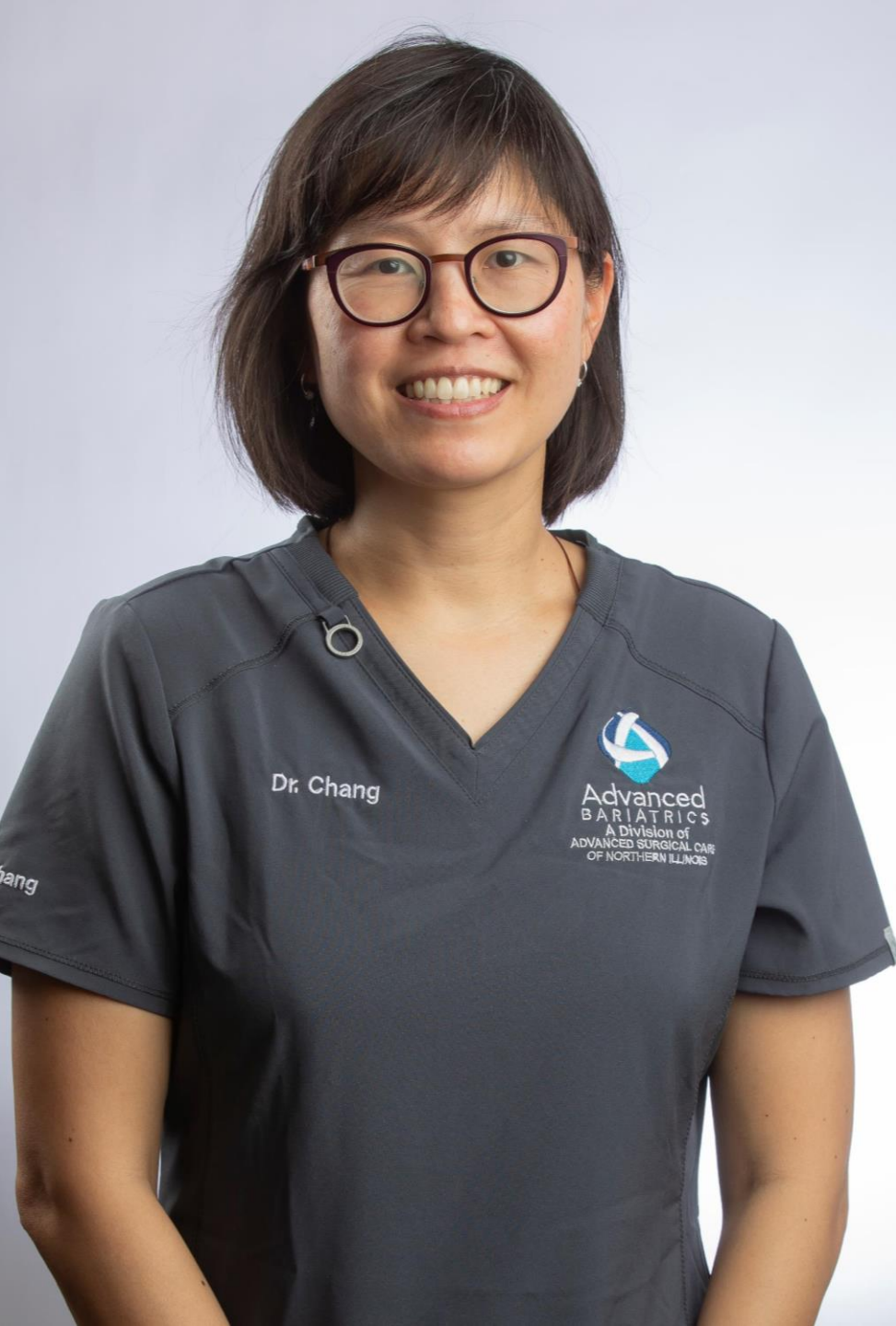


Your Surgical Team: John R. Cheregi, MD, FACS #teamcheregi

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 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 Kern
#teamcheregi



Melissa Rios
#teamchang

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.

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



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.

October 26th @ 6:00 PM – Dr. Cheregi

November 12th @ 9:30 AM – Dr. Chang

November 16th @ 6:00 PM – Dr. Cheregi

December 14th @ 6:00 PM – Dr. Cheregi

December 28th @ 6:00 PM – Dr. Chang

October Support Group Healthy Restaurant Style Eating

Date: Oct. 15th at 9:30 AM
Location: Zoom

Just because you had bariatric surgery, does not mean life stops. You are still going to meet friends at restaurants, order take out in the middle of the work-week, or have a business dinner to go to. So, how does the bariatric patient navigate healthy eating when at a restaurant? These questions and more will be answered during October's Support Group with Dietitian Audra and Nurse Practitioner Vanessa. We will be reviewing together the menus of some of our favorite local restaurants to learn together what are the healthiest options for us to choose from.



November Support Group Healthy Holiday Eating



Photo credit: google.com

Date: Nov. 14th at 6:30 PM
Location: Zoom

The holidays can be a stressful time for everyone. For a bariatric patient, they have the added stress of trying to either continue losing weight or maintain their current weight lost. In order to be prepared for this festive season, we will have special guest Dena Dobbs from Bariatric Advantage and Nurse Practitioner Vanessa provide insight and helpful tips for mastering the holidays!



December Support Group Advanced Bariatrics Patient Christmas Party

- **Party Date: December 2nd**
- **Party Time: 5:00 PM – 7:00 PM**
- **Location: Pinstripes – South Barrington**
100 W Higgins Rd.
South Barrington, IL 60010

The Advanced Bariatrics Team will be hosting its third 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 21st**.

Patient Success: Lisa I.



#TEAMCHEREGI
Gastric Bypass
September 2021

It took one big decision & a year to change my life. I am at a place I have never been & it's been hard to express the

It took one big decision & a year to change my life. I am at a place I have never been & it's been hard to express the emotions I have been having. The fear of failing is real, and when you get that in your head, it is something so hard to push through and overcome. When you tell yourself for years you aren't worth the effort, you can't help but to believe it.

I don't hate the reflection I see in the mirror anymore... I don't fidget all day long trying to cover up every roll or bump that may be showing - I no longer feel like the biggest person in the room. I have gone from having dieting and weight loss on my mind 24/7, to finally feeling free from this toxic way of thinking... I can't explain how amazing that feels. I can now see how strong I actually am to keep fighting, even when my own head has turned against me. I think a lot of us struggle with being our #1 fan, but I have come to realize it is the most important thing you can do for yourself. 147 lbs. down!

Top 10 Exercise Tips from Dietitian/Certified Personal Trainer Jessica

Follow a progressive program	The National Academy of Sports Medicine focuses on individuals starting first with stabilization exercises to ensure that proper posture and body mechanics are in place. As you move forward in your exercise plan, identify how well you are recovering from your workouts and if you are meeting your overall health and lifestyle goals. Exercise should help us feel healthy and energized versus exhausted. Always reflect on your program to make positive changes for what works best for YOU.
Track, Track, Track!	Consider tracking your exercise an extension on your food journal. This is a great way to remind yourself of your progress from week to week, month to month or year to year. Setting new goals for your fitness routine can help to keep you motivated, inspired and making continuous progress!
Equipment	Focus on tools and equipment that will help you stay consistent with being active anytime, anyplace. For example, resistance bands offer an easy solution for travel or the days that a home workout is needed. Always look for new solutions!
Social	Social gatherings often include food and drink whether it be getting together with a friend for lunch or a meeting at the local coffee shop. Start with re-framing how you spend time with friends and family. What about a mall walk versus eating out? What would it look like to take all of your phone calls walking the neighborhood? How about laps around the soccer field while waiting for practice to end?
Exercise of the week	Similar to the importance of including a variety of foods into your nutrition strategy, including a variety of exercises is also important to avoid plateaus. Each week consider researching a new exercise to implement into your plan. Imagine how much variety you will have in your program as you increase your knowledge and comfort level with new movements.

Top 10 Exercise Tips from Dietitian/Certified Personal Trainer Jessica

Recovery	Individuals often overlook the importance of mobility and flexibility. The more frequent we exercise, the more important it becomes to include 10-15 minutes of recovery exercises at the end of your training session. Foam rolling can be a great first step to include after a challenging day at the gym.
Identify your fitness personality	Many factors can impact why we stay consistent with a program. Are you someone that enjoys exercising alone or do you feel inspired by being a part of a group or team atmosphere? Do you love outdoor workouts or do you feel more comfortable in a gym setting? Do you enjoy competition or would you rather focus on your personal goals? Each person is very individualized with exercise – focus on reflecting what works best for YOU.
Mark the calendar	Although many formal fitness events are available throughout the year to help us all stay motivated, it is also very helpful to plan your own “event.” For example, you can set a date on your calendar to walk a 5K for your best time each winter, fall, spring and summer.
SMART goals	Smart goals are often referred to as being specific, measurable, attainable, relevant and timely. Imagine what your health could look like if you set a SMART goal for your nutrition, exercise and lifestyle strategy each week?
Self-Talk	Our mindset can have a huge impact on many aspects of our health and wellness.

Staying in a Proactive Headspace

Dietitian/Certified Personal Trainer Jessica

Self-Talk Examples	Proactive Response
“I am feeling tired after a long day and I don’t feel that I have the energy to exercise today.”	“Although my energy levels are currently low, I will focus on simply just getting started. I know from past experience that I will feel more energized after finding time to move my body.”
“I really dread going to the gym – I would rather focus on activities that I enjoy in my free time.”	I can find new ways to look forward to going to the gym with the following reminders: 1) Treadmill time can fly by with a great song playlist or interesting podcast. 2) Group classes are a fun way to meet new people, smile and laugh. 3) Variety is the spice of life – each week I will try one new exercise method such as water aerobics, zumba, cycle or yoga!
“I currently do not have a formal exercise program and I feel unproductive at the gym.”	I can schedule time to meet with a personal trainer to understand the importance of proper form and understand my ideal week of exercise in regards to frequency, intensity and time.
“The holiday season is so busy with extra errands and social commitments – I think I will start my workout program in the New Year.”	My time availability is significantly less but I can find ways to fit in exercise into my daily routine. First, I will commit to parking at the farthest spot to get extra steps. Next, I can try body weight squats while waiting for my healthy dinner to cook. Finally, I will try to take the stairs at work, home or while cruising that department store! Each day I will remind myself that small changes can make a big difference.



Roasted Delicata Squash with Burrata, Pomegranate, and Pistachios

Nutrition Information: Serving: ½ cup, Calories: 165kcal, Carbohydrates: 14g, Protein: 5g, Fat: 11g, Saturated Fat: 4.5g, Cholesterol: 20mg, Sodium: 181mg, Fiber: 2.5g, Sugar: 4g

INGREDIENTS

- Olive oil spray
- 1 ½ pounds Delicata squash, 2 medium
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- Freshly ground black pepper, to taste
- 6 ounces burrata cheese, quartered
- ¼ cup chopped roasted pistachios
- ¼ cup pomegranate seeds
- Fresh basil, for garnish

INSTRUCTIONS

- Preheat oven to 425 degrees F. Lightly spray 2 sheet pans with oil.
- Slice each squash in half lengthwise and scoop out the seeds with a spoon.
- Slice the seeded halves into ½-inch pieces (half circles) then divide and spread them evenly among the sheet pans. Drizzle with oil, season with salt and pepper and toss to evenly coat.
- Roast for 20-25 minutes, tossing halfway through cook time.
- Transfer squash to a serving platter, top with burrata, pistachios, pomegranate seeds and basil. Serve immediately.

Recipe courtesy: <https://www.skinnytaste.com/roasted-delicata-squash-with-burrata-pomegranate-and-pistachios/>

Patient Success: Megan E.



Today is the day!!!

It's my 1 year anniversary!!!!!!

I never knew how far I'd come in this journey by my one year but I am SOOOO happy with where I am today♡

I moved onto a new goal, building muscle mass! It's extremely exciting especially since even though I only started lifting a little over a month ago I can actually see the muscle definition. It's been SO rewarding:) so now the scale won't matter so much as it will probably creep up as I start building but I hope to get really built and strong! First goal, to be able to do 1 pull up!

Height 5'4"

Highest Logged Weight: 278 (2nd before picture)
Day of Surgery: 264.8 (First before picture was day 1 of my pre operative diet) Lost since Surgery: 106.6

Lost overall!! 120lbs!!!!!!

It's been a wild ride but so worth it♡

#TEAMCHEREGL
Sleeve Gastrectomy
September 2021

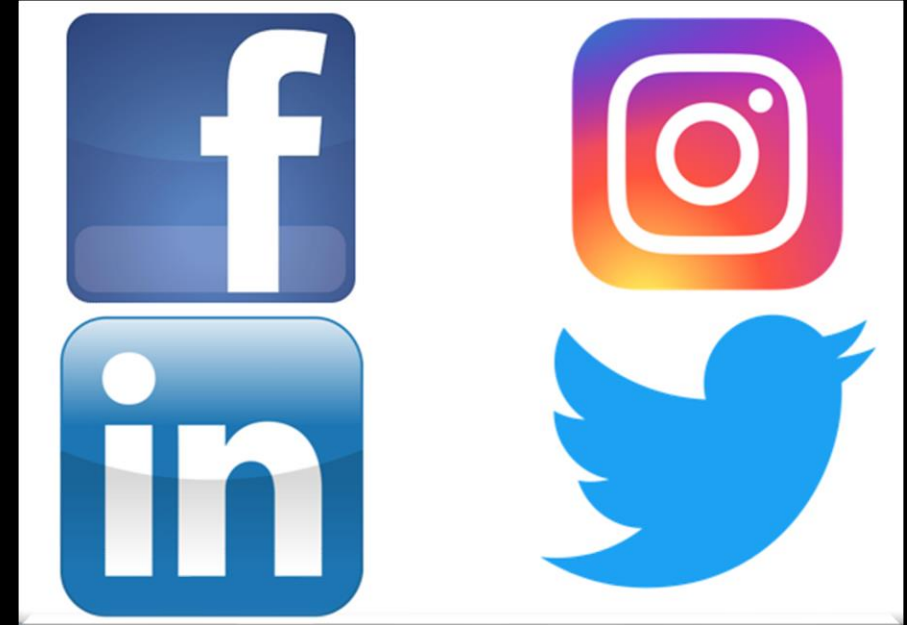
#mondaymotivation

#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 October 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!

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SCAN ME

Visit the Advanced Bariatrics Website

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



SCAN ME

Join the Facebook Support Group