



Advanced
BARIATRICS

April 2023 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.

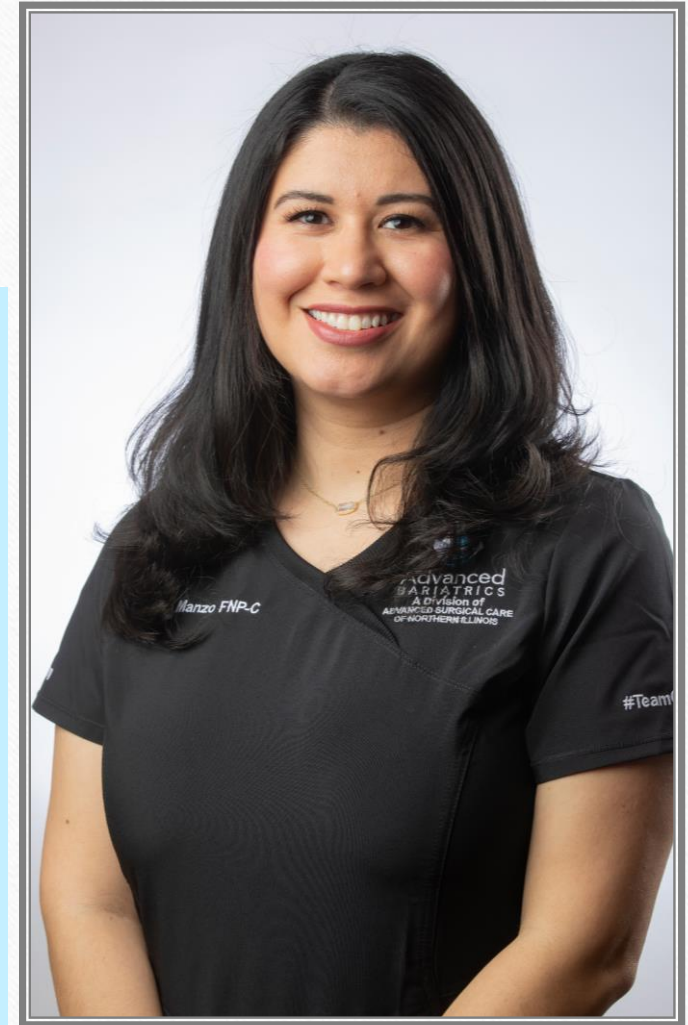
Vanessa Manzo, MSN, FNP-C

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.

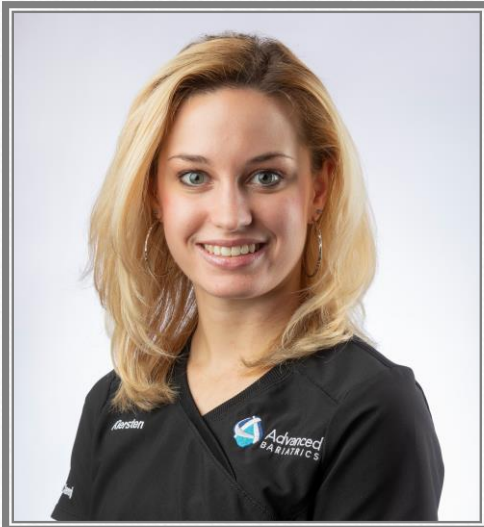
Vanessa joined our bariatric family in January 2022. She is excited to be able to share her passion for educating patients to improve their health. By joining our team, Vanessa no longer treats patients' comorbidities. Now, she plays an active role in helping to resolve their comorbidities and improve 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



Bariatric Administrator
#teamcheregi

Melissa Radcliffe



#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

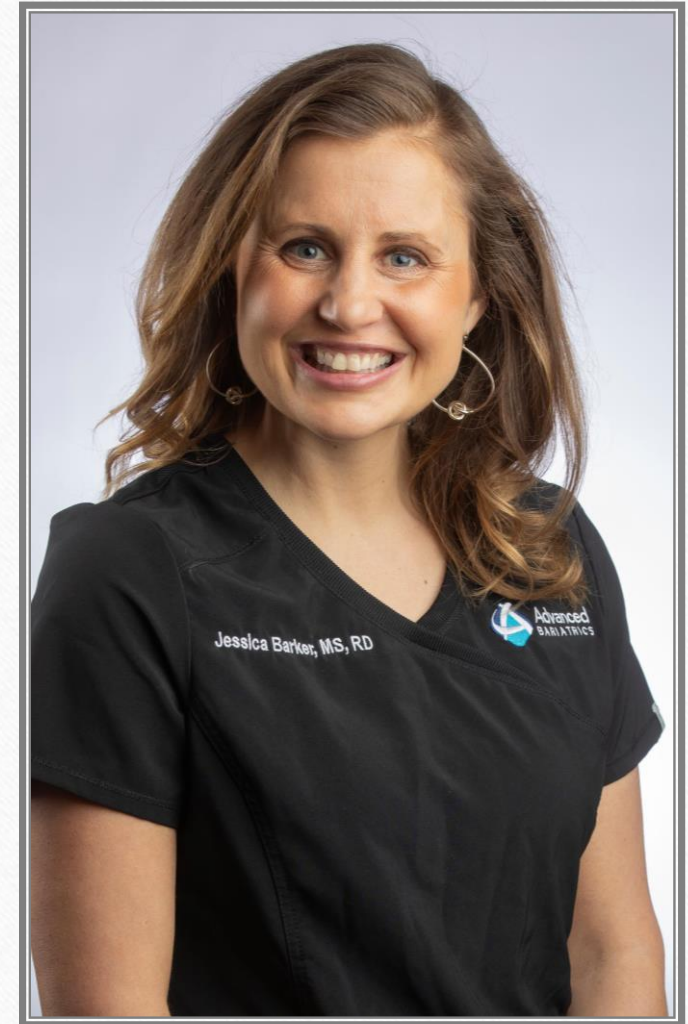
Melissa: mradcliffe@advancedsurg.net

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

Dietitian: Chrissy Komjathy, MS, RD, LDN

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



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.

April 12th at 6:00 PM – Dr. Cheregi

May 13th at 9:30 AM – Dr. Cheregi

June 3rd at 9:30 AM – Dr. Chang

June 14th at 6:00 PM – Dr. Cheregi

Protein Shake Guidelines

How do you know which Protein Shakes are a good option after bariatric surgery? Our dietitians assembled this chart to make it very simple for you to know what to look for when consuming Protein Shakes.

- At least 20 grams of protein
- Less than 5 grams of sugar
- 10 grams or less of total carbs
- 5 grams of fat or less

Protein Supplements				Plant-Based Protein Powder Options	Serving Size	Protein (Grams)	Sugar (grams)
Whey Protein Powder Options	Serving Size	Protein (Grams)	Sugar (grams)	Garden of Life Raw, Fit or Sport Protein	1 scoop	22-42	0-1
Isopure	1/2 scoops	25-40	0-2	Nature's Best by Isopure	1 scoop	20	0
Unjury	1 scoop	20	0-2	Vega Sport Protein	1 scoop	30	2
Myoplex Lite Powder	1 scoop	25	2	Naked Pea Protein (unflavored)	2 scoops	27	2
Pure Whey	1 scoop	22	3	NOW Sports Pea Protein Powder	1 scoop	24	0
Designer Whey Protein	1 scoop	18-20	0-1	KOS Organic Plant Protein	2 scoops	20	2
Atkins	2 scoops	24	1	Pre-Made Protein Shake Options	Serving Size	Protein (Grams)	Sugar (grams)
Muscle Milk	2 scoops	32	4	Premier Protein	1 scoop	30	<1
Met-Rx Protein Plus	2 scoops	46	2	EAS Miyaplex Lite	1 shake	25	1
AS Precision Protein	1 scoop	20	2	Alkins Max	1 shake	30	<1
Meier Whey Protein	1 scoop	30	3	Fair Life Core Power or Nutrition Plan	1 shake	24-42	5
Vital Performance Protein	2 scoops	25	5	Quest Protein Shake	1 shake	30	1
Optimum Nutrition old Standard Whey	1 scoop	24	2	Muscle Milk	1 shake	20-25	0-1
Quest Protein Powder	1 scoop	22	0	Orgain Plant-Based or Whey	1 shake	20-26	3-5
Bluebonnet Whey Protein Isolate	1 scoop	26	1.5	Ensure Max Protein	1 shake	30	0-2
Muscletech nitro Tech Whey Protein	1 scoop	30	2	Owyn Protein Shake	1 Shake	20-35	4-5
Pure Protein	1 scoop	25	2				



Patient Success: Joree

She did it! 100 pounds down today after being sleeved in June. Surgery has not been the easy way out. It's been incredibly challenging but incredibly worth it. I've been lucky to have the best support system with David and the boys (who love to say "mommy is sugar free now"), and so many friends and family. Still on the journey but grateful to be on it! Big, big shout out to Dr. Cheregi and the amazing team @advbariatrics for their continued support. #teamcheregi #wlsjourney #gastricsleeve #bariatricbabes #100poundslost

April Support Group

Ask the Doc

Date: April 26th at 6:00 PM

Location: Zoom

For April's Support Group, Nurse Practitioner Vanessa will be having as her special guest our very own Dr. Cheregi. It will be an open forum for discussion on some of your top questions. Be sure to email NP Vanessa the questions you would like addressed in advance of the support group. Her email is vmanzo@advancedsurg.net. This will be a great opportunity for all patients whether you are pre-surgery, immediate post-surgery, or years out from your surgery.



May Support Group

Stress Management and Wellness

Date: May 25th at 6:00 PM

Location: Zoom

Our partners at the Barrington Center for Counseling and Wellness will join May's support group. For many of us stress is something that can trigger emotional eating in order to cope with that stress. After bariatric surgery, it is necessary to find other coping mechanisms for managing the stress. The psychologists are just as valuable to the success of your bariatric journey as the dietitians. Maintaining your weight loss after bariatric surgery is more of a mental battle than a physical one. Don't be afraid to utilize the tools at your disposal.



Barrington, IL

2023 LOCAL SPONSORSHIP OPPORTUNITIES

Presenting Sponsor:

**Advocate Good Shepherd
Hospital**



June Support Group Walk from Obesity

EVENT DETAILS:

Date: Saturday, June 10, 2023

Time: 9:00 AM - 12:00 PM

Sponsor Check-in: 8:00 AM

Location: Advocate Good Shepherd Hospital
450 W. Highway 22, Barrington, IL, 60010

WHY WE "WALK FROM OBESITY"

In the United States, millions of individuals are affected by obesity. Obesity can decrease an individual's life expectancy by 7-14 years, and increases the risk of other life threatening conditions. Through the TREO Foundation's *Walk from Obesity* we are able to raise awareness and provide educational information regarding prevention and treatment. We are also able to raise funds to support important obesity and bariatric surgery research, education, and access to treatment initiatives of the American Society for Metabolic and Bariatric Surgery (ASMBS).

Registration link will be provided as soon as registration opens.

Body Dysmorphia after Bariatric Surgery

Definition: Body Dysmorphia

The individual obsesses over one or more apparent flaws in their physical appearance that are **not visible or a big deal to others**.

This obsession causes clinically significant distress or impairment in their social or work life.

How is this related to the bariatric community?

- Before and after surgery, body image issues are common. Before surgery, many report dissatisfaction in overall appearance or body.
- After surgery, many report dissatisfaction or over-preoccupation with *specific* parts of the body (i.e. excess skin)
- HOWEVER, this feeling of dissatisfaction tends to be related to a distorted body image vs. BDD.

- Why does this happen?...The Mind is Catching Up

Losing a significant amount of weight and quickly can be bittersweet.

- “Sweet” due to feeling less pain, less health issues, more energy, a sense of accomplishment
- “Bitter” due to more attention brought on your appearance after many report feeling “invisible” prior to surgery, and an identity shift (for many, thinness is an unfamiliar part of their identity)

Body image adjustment:

- Takes the mind time to catch up to the body as you go through situations in your new body for the first time (i.e. shopping, sitting in a chair, moving through spaces)
- There is a recalibration for your mind to make these new connections related to your new body until you see yourself in your new form

Spinach & Bacon Stuffed Mushrooms

Looking for the perfect appetizer to bring for Easter?! Look no further.

Cals:34.5 Protein:3 Carbs:3 Fat:1.5

Prep: 15 mins Cook: 30 mins Total: 45 mins

Yield: 11 servings Serving Size: 1 mushroom

Ingredients:

- 14 oz 1 Package fresh mushrooms, stems separated
- 2 garlic cloves, sliced thin
- 4 cups fresh baby spinach
- 4 slices center cut bacon
- 1 tsp olive oil
- ¼ c. Italian seasoned bread crumbs
- 2 tbsp shredded Parmesan cheese
- Smart Balance cooking spray

Directions:

- Preheat the oven to 400°F. Lightly spray a foil lined baking pan or baking dish with cooking spray.
- Remove stems from mushrooms and mince fine.
- Heat a medium sized skillet. Rinse spinach and add to the skillet; cook until it wilts, about 2 minutes.
- Remove from the pan, squeeze excess liquid and chop fine. Set aside.
- Dry skillet, add bacon to the skillet and cook on low heat until bacon is cooked through. Set aside on a paper towel. Coarsely chop.
- Clean skillet and add olive oil to the pan. Add garlic and sauté until golden, about 2 minutes.
- Add minced mushroom stems and sauté until soft, about 2 minutes.
- Remove from heat and combine mushroom stems with sauteed spinach, bacon, bread crumbs, and parmesan cheese.
- Season mushroom caps with salt. Fill mushrooms with spinach mixture, rounding tops off.
- Place on an oven safe dish and lightly spray the tops with oil.
- Bake 20 minutes or until golden. Eat warm.



Patient Success: Kylee

10.5 Months of hard work, tears, ups, and
downs. Can't believe it's almost been a
year!!! -127 lbs., 15 lbs. from goal!
#weightloss #weightlossjourney
#weightlosstransformation #health
#healthylifestyle #goals #resolution
#healthjourney #blessed
#icanbuymyselfflowers #fyp



Tell Your Story on Social Media!

#barituesday

#mondaymotivation

#weightlosswednesday

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 April 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 | mrادcliffe@advancedsurg.net

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P: 847-350-9564

<https://advancedbariatrics.com/>

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