



Advanced
BARIATRICS

July 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 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

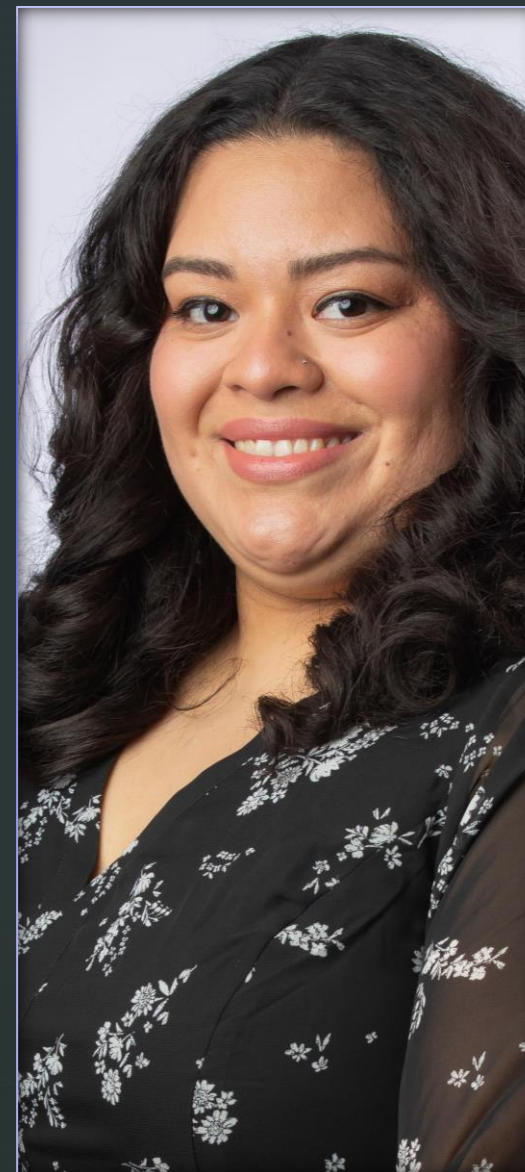
Melissa: mradcliffe@advancedsurg.net

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

► 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



Walk from Obesity 2023

We are so proud of all our patients who helped to participate and raise awareness for the treatment of morbid obesity. Your stories will inspire the next patient to change their life and improve their health! See you in 2024!



2023 Facebook Live 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.

Saturday, July 15th at 9:30 AM – Dr. Cheregi

Wednesday, Aug 16th at 6:00 PM – Dr. Cheregi

Saturday, Aug 19th at 9:30 AM – Dr. Chang

Saturday, Sept 16th at 9:30 AM – Dr. Cheregi

Patient Success: Dave D.

Dave has lost 150+ lbs. 18 months after his Laparoscopic Vertical Sleeve Gastrectomy with #teamcheregi. Although it is often overlooked, men's health is equally as important as women's health! Having your life shortened by a minimum of 8 years due to the chronic disease of morbid obesity will rob you of time spent making memories with your spouse and kids. Dave has gained back those 8 years plus!

"Best team ever!!! Thank you for giving me a tool and a second chance at life!!!" - Dave





July Support Group

We are very excited to have Dietitian and Personal Fitness Trainer Jessica host another workout in the park. This support group will take place on **July 17th at 5:00 PM** at Independence Grove Forest Preserve in Libertyville. All fitness levels are welcome.

Independence Grove Forest Preserve
16400 W Buckley Rd, Libertyville, IL 60048



August Support Group

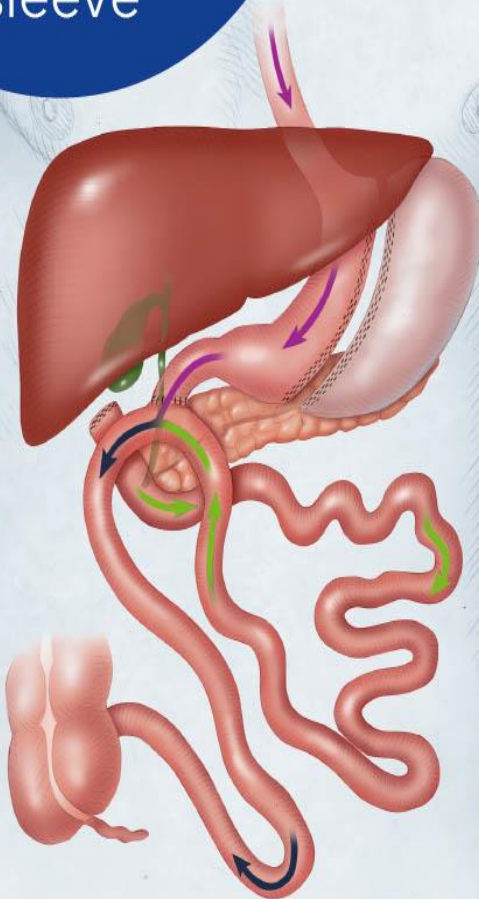
As patients progress through their weight loss journey, they are constantly changing clothing sizes. By having a clothing exchange, not only can you clean out your closet but also help your bariatric family as they are transitioning through clothing sizes. We will host this in the parking lot at Advanced Bariatrics on **August 26th**. From 9:00 – 9:30 AM, patients can bring their clothes that they are donating and sort into piles based on the various sizes. From 9:30 AM – 11:00 AM, patients will come to “shop” and mingle with each other. Any clothes left over will be donated.



September Support Group

September's support group will focus on Weight Regain after Bariatric Surgery. Weight regain is a potential reality for patients following bariatric surgery. This is not something to be ashamed of. Obesity is a chronic disease that requires lifelong treatment. Do not be afraid to reach out to your bariatric team for help. This will be a **Zoom support group** with our Bariatric Advantage representative Dena to talk about the causes of weight regain as well as potential solutions. This will take place **September 25th at 6:00 PM.**

Single anastomosis duodenal-ileal bypass with sleeve



Medtronic

Single Anastomosis Duodenal-Ileal Bypass with Sleeve (SADI-S)

Dr. Cheregi is excited to now be offering the SADI-S procedure. In 2020, the American Society for Metabolic and Bariatric surgery endorsed the SADI-S surgery as yet another effective form of bariatric surgery. This procedure is a combination of a gastric bypass and gastric sleeve. Utilizing the best components of each procedure, the SADI-S is ideal for patients with a BMI of 50+ and for those with type 2 diabetes.

How SADI-S surgery is performed

The first half of this laparoscopic procedure involves performing the sleeve gastrectomy. During surgery a bariatric surgeon divides the upper portion of the stomach from the lower portion leaving a tube-shaped “sleeve” to serve as the stomach. Approximately 80-85% of the stomach is removed.

Following the sleeve portion of the procedure, our surgeons re-route the first part of the small intestine so food bypasses them, thus preventing the body from absorbing the full amount of calories consumed.

The Benefits of SADI-S

- Procedure is performed laparoscopically resulting in shorter recovery, smaller incisions, and less pain.
- Because it is combining the best aspects of the gastric bypass and gastric sleeve, patients feel fuller longer because the majority portion of the stomach that generates ghrelin, the hormone that stimulates hunger, is removed. In addition, by bypassing the first part of the small intestine, optimization of blood sugar levels is more easily achieved.
- This procedure is simpler to perform than a gastric bypass and only results in a single anastomosis as opposed to two.
- For patients with previous history of a gastric sleeve requiring further weight loss, this will be an excellent option to assist with continuing their weight loss journey.

Managing Cravings and Emotional Eating

- "Unexpressed emotions will never die. They are buried alive and will come forth in uglier ways."
(Freud)
- **You may keep eating high calorie foods when you're feeling down** because you're less likely to taste the fat and nutrients in food, according to new research from the University of Wurzburg, in Germany.
- In the study, scientists asked a group of volunteers to sample a variety of creamy drinks that contained different amounts of fat. Before tasting the treats, the study subjects were shown three different videos.
 - The first depicted a happy scene, the second sad, and the third neutral. The humdrum video had no influence on the volunteers' taste buds, but after watching the two emotional clips, the participants were less able to tell the drinks apart.
 - The lesson: **emotions impact our sensory perceptions of food**. And eating anything—when what you really need has nothing to do with food—is a pattern that if broken, can dramatically transform your health, and your waistline. If you're open to trying, here are five strategies to put into action.

5 Strategies to Improve Emotional Eating



1. Let it out

- Find healthy ways to release those feelings, like watching a tearjerker to have a good cry, meditate and deep breathe to relaxing music, exercise, or furiously scrubbing the tub to let out aggression.

2. Don't multi-soothe

- If you find yourself drifting into the kitchen during a TV commercial to snatch that pint of Cherry Garcia you've been trying not to think about, stay put. Sit in a chair and eat the ice cream without distractions. It will probably feel incredibly awkward, but that's the point. Inside your comfort cocoon, it's easy to lose track of how fast and how much you're eating, or that you're even eating at all.

3. Distance yourself

- Research shows that the fewer steps you must go through to get to a food, the more likely you are to eat it, and vice versa. So, stashing candy or cookies on a higher shelf, wrapped in another bag or inside of a sealed container, really does diminish the chances of eating it.

4. Prevent the spiral

- An analogy I use often is debt. If you were on a strict budget to get out of debt, and you spontaneously spent an extra \$100, it wouldn't make sense to then go on a spending spree and charge hundreds more to your credit card, right? If you did, you'd just dig a deeper hole that would take longer to get out of, and that's exactly what happens with food. Even if you have one "bad" meal, don't let it become a bad day.

5. Structure your time

- The risk of eating emotionally is greater on the weekends, when you may have hours of unstructured time. If you're in the same boat, plan a project or activity you enjoy, and build in a deadline. For example, if you're making something (jewelry, crafts, etc.), plan to give it to a friend or family member on a specific date. And once you've finished a project, start another. This is a great time to try new hobbies and activities too!

Patient Success: Athena H.



In 2.5 years, Athena has lost an entire person! She is down 157+ lbs. following her laparoscopic vertical sleeve gastrectomy with #teamcheregi. She is dedicated to the lifestyle not the diet. Maintaining this weight loss over these last couple years demonstrates her total lifestyle transformation. She rocks every #transformationtuesday from here on out!



Grilled Chicken Sandwich Recipe - Skinnytaste

Cal: 406 Protein: 45 Carbs: 29.5 Fat: 11.5

Ingredients:

- 1. 4 – 6 oz. Boneless skinless chicken breasts**
- 2. 2 c. Pickle Juice, or enough to cover**
- 3. 3/4 tsp. Garlic Powder**
- 4. 3/4 tsp. Paprika**
- 5. 1/8 tsp. Cayenne**
- 6. Olive oil spray**

For the Sandwich:

- 1. 4 tbsp. Light Mayo**
- 2. 1 tbsp. Siracha**
- 3. 12 Dill Pickles**
- 4. 4 Whole Wheat Rolls**

For the Slaw:

- 1. 1 tsp. Dijon Mustard**
- 2. 1 tsp. Olive Oil**
- 3. 1/8 tsp. Kosher Salt**
- 4. 2 tsp. Red Wine Vinegar**
- 5. 1.5 c. Thinly Sliced Red & Green Cabbage**
- 6. 1/2 c. Shredded Carrots**

Instructions:

Pound out the thicker end of the chicken breast to make the thickness even on both ends, about 1/2-inch thick, this will ensure the chicken cooks even. Use the tenderizer to tenderize the breast (this is optional but will give you the most tender chicken breast).

Add chicken to a shallow bowl and pour enough pickle juice to cover. Cover and refrigerate at least 4 hours, or up to 8 hours.

Make the spicy mayo: Combine mayo and sriracha, set aside.

In a medium bowl whisk vinegar, 1 teaspoon olive oil, Dijon and 1/8 teaspoon salt. Add cabbage and carrots and toss to combine. Cover and chill until ready to assemble sandwiches.

When ready to cook, preheat the grill on high.

Combine garlic powder, paprika, cayenne pepper and 1/4 teaspoon salt in a small bowl. Rub chicken on both sides with olive oil spray then spread the spices all over both sides.

When the grill is hot, reduce heat to medium-low, oil the grates and add the chicken.

Cook 4 to 5 minutes on each side, or until an instant-read thermometer inserted into the thickest part of the breast reads 165F, careful not to overcook so you don't dry out the chicken.

To assemble sandwiches, place the spicy mayo and slaw on both sides of the rolls. Add the chicken and pickle slices.

Summer
Grilling!

Tell Your Story on Social Media!

#mondaymotivation

#barituesday

#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 July 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!

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<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