



**Advanced**  
BARIATRICS

October 2023 Newsletter



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# Your Surgical Team

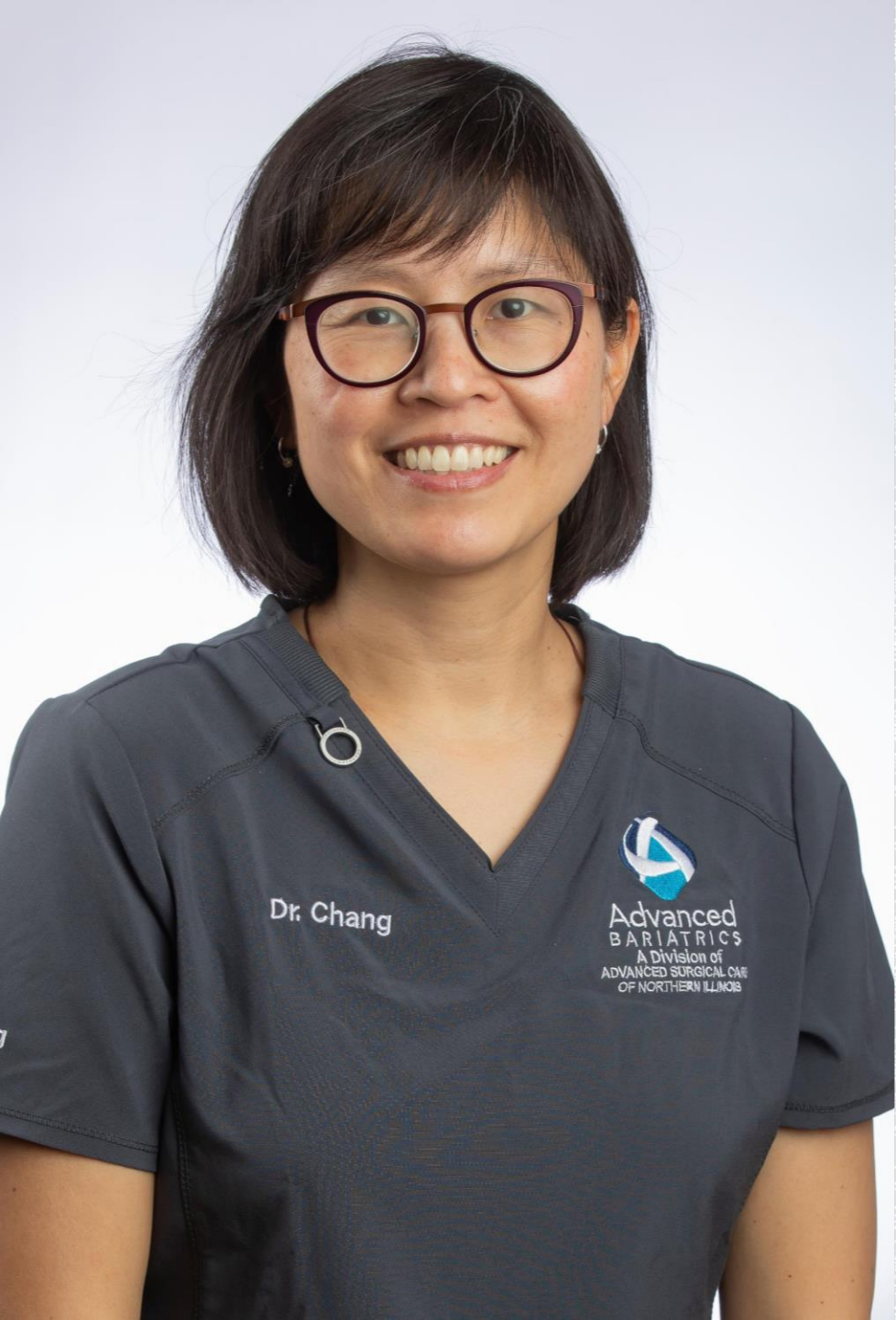
## John R. Cheregi, MD, FACS

### #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.



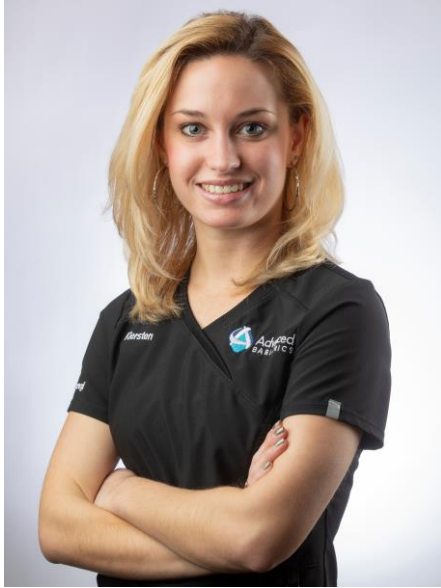
# Vanessa Manzo, MSN, FNP-C Nurse Practitioner

- 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](mailto:kkern@advancedsurg.net)

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

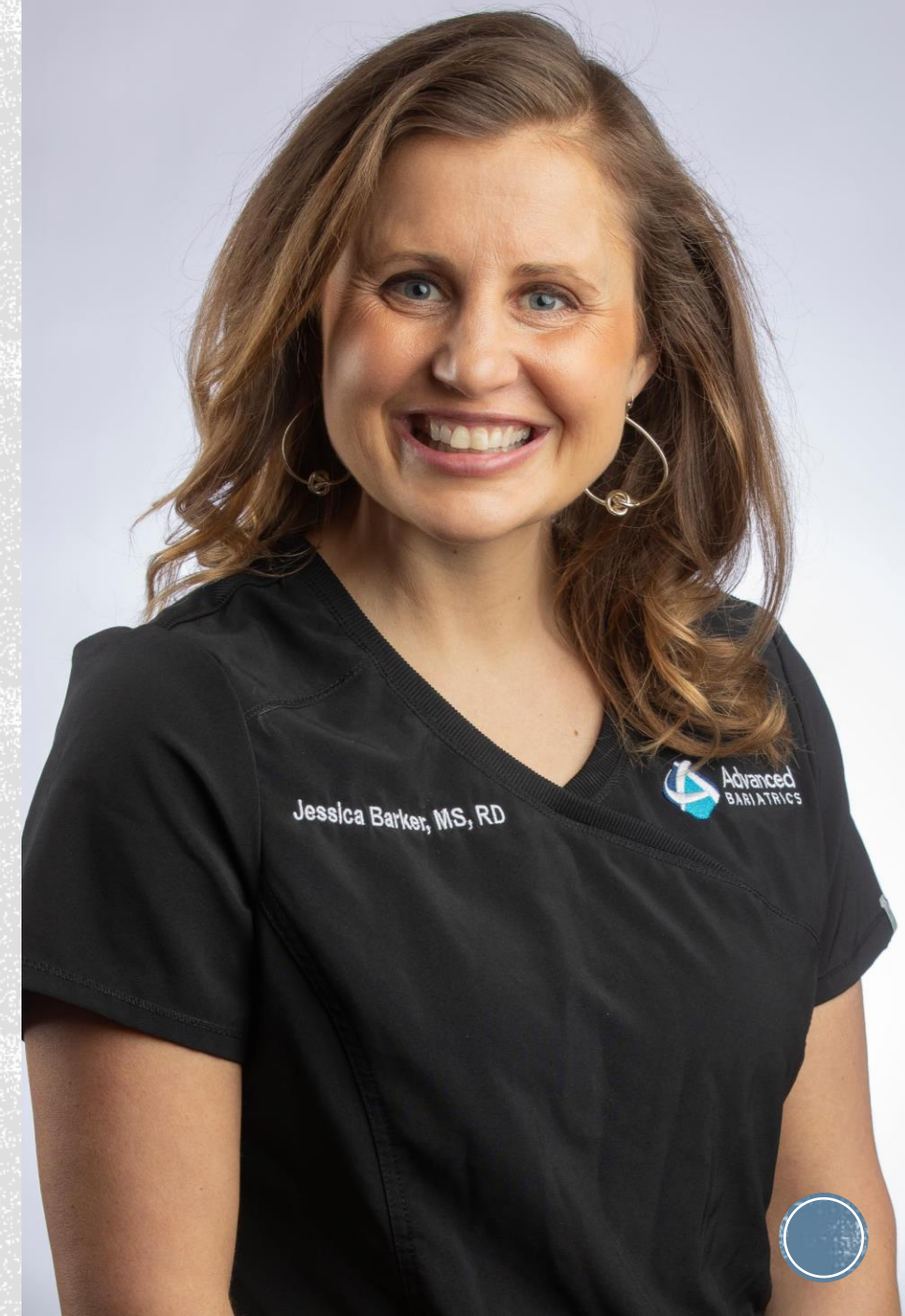


# Dietitian: Jessica Barker, MS, RD

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](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

- 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)







# August Clothing Exchange

Huge shout out to all the patients who donated to the patient clothing exchange! We were able to donate 30 bags of clothing to charity!

#helpingeachother #helpingthecommunity



# 2023 Facebook Live Info Seminars

Tell your friends!

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.

Sat, Oct 14<sup>th</sup> @ 9:30 am - Dr. Chang

Wed, Oct 18<sup>th</sup> @ 6:00 pm - Dr. Cheregi

Sat, Nov 4<sup>th</sup> @ 9:30 am - Dr. Chang

Wed, Nov 15<sup>th</sup> @ 6:00 pm - Dr. Cheregi

Wed, Dec 13<sup>th</sup> @ 6:00 pm - Dr. Cheregi



# Big News – Two Insurance Policies Adopt ASMBS New Guidelines



Advocate Blue Cross  
HMO

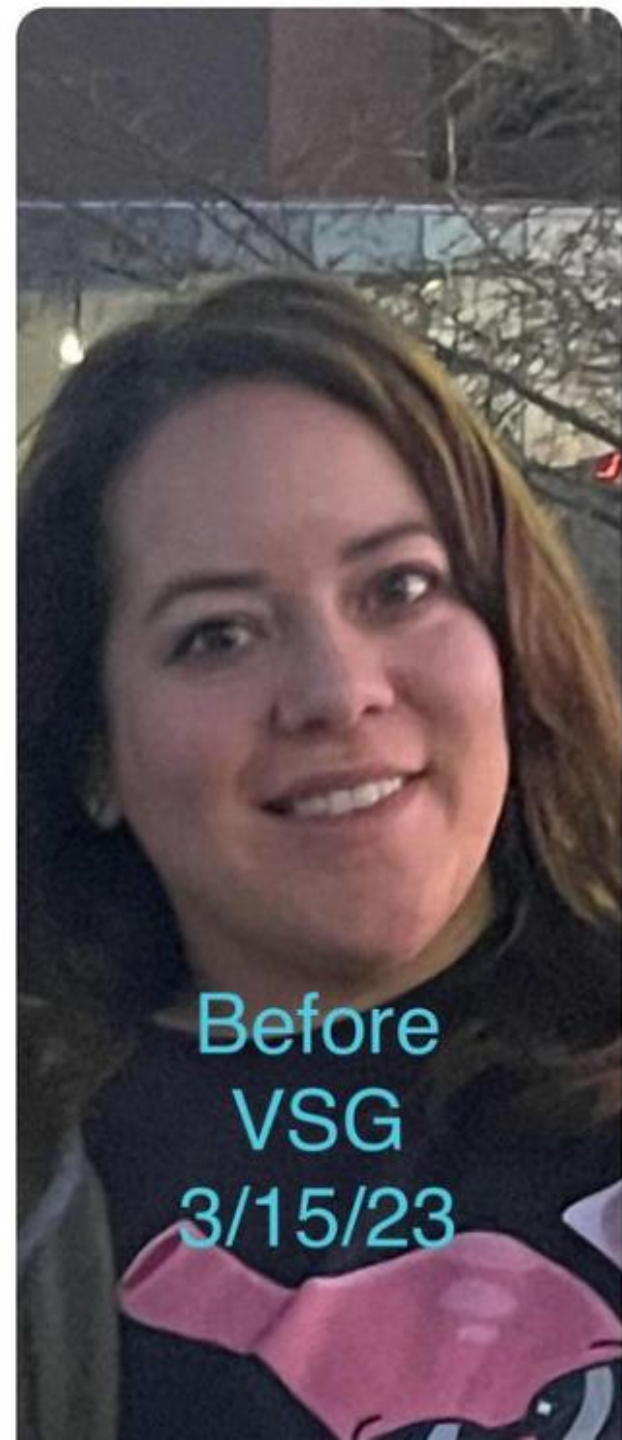


Advocate Employee  
UMR Insurance

These two insurance policies are now complying with the updated guidelines published by the American Society for Metabolic and Bariatric surgery. Patients who have these insurances can now qualify for surgery with the following requirements:

- BMI  $\geq$  35 with NO comorbidities
- BMI 30-34.9 with comorbidities such as diabetes, hypertension, heart disease, obstructive sleep apnea





Before  
VSG  
3/15/23



After  
3/27/23

# Patient Success: Vanessa

So excited! I entered ONEderland on 6/30/23! I can't remember when was the last time I was under 200lbs. I want to say about 7 years ago. I'm so grateful I decided to get a gastric sleeve. This tool has changed my life in so many ways. [#selflove](#) [#weightloss](#) [#vsgcommunity](#) [#vsgweightlosssurgery](#) [#vsgweighloss](#) [#vsgcommunity](#) [#vsgjourney](#) [#gastricsleeve](#) [#mangagastrica](#) [#mangagastrica](#) [#bajardepeso](#) [#gastricsleevejourney](#) [#proudofmyself](#) [#itainteasy](#) [#foryoupage](#) [#fyp](#) [#parati](#) [#paratii](#) [#vsg](#) [#vsgrababesleeved](#) [#bariatric](#) [#bariatricbabes](#) [#bariatricsurgery](#) [#gastricsleeve](#) [#gastricsleevejourney](#) [#weightloss](#) [#mangagastrica](#)

#TEAMCHANG  
Gastric Sleeve  
March 2023

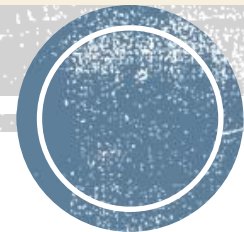


Ask the Doc

# October Support Group

October 23<sup>rd</sup> at 6:30 PM  
Zoom

For October's Support Group, Nurse Practitioner Vanessa will be having as her special guest our very own Dr. Chang. 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](mailto: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.







# November Support Group

Cultivating Peaceful Relationships  
with Food

During the Holidays

The holidays are meant to be filled with love, joy, and peace. However, many can still battle with the high calorie food often associated with this season. In an effort to “make peace” with the seasonal foods we all “love to hate,” Suzanne from The Barrington Center will be joining NP Vanessa to share insightful tips and tools. Join us **November 6<sup>th</sup> at 7:00 PM** via Zoom.





## Advanced Bariatrics Patient Christmas party



# December Support Group

- The Advanced Bariatrics Team will be hosting its fourth 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](mailto:kkern@advancedsurg.net). All attendees need to respond by **November 21<sup>st</sup>**.

- **Party Date: December 1<sup>st</sup>**
- **Party Time: 5:00 PM – 7:00 PM**
- **Location: Pinstripes – South Barrington**

**100 W Higgins Rd.**

**South Barrington, IL 60010**





# Patient Success: Cindy

"Your greatest life decision, started with a few incisions"

One year ago, today, I made the best decision of my LIFE! I trusted a great team to give me the tools to take my life by the reigns and LIVE. It's not been easy, but nothing hard ever is.

In this past year, I have traveled with friends, done three 5ks, went from a pants size 24 to a size 16, shirt size 3XL too L, and many other milestones.

I wouldn't be successful without the love and support of my family, friends and those I have found in the bariatric community.

Am I to my goal weight, no!  
Am I done working my tail off, no!  
Am I committed to this journey, YES!!

#TEAMHEREGI  
Gastric Sleeve  
July 2022



@advbariatrics





The Holidays are about decadence and indulging! Who knew that it could actually be healthy!



## Drunken Mussels

Cals:307 Protein:29 Carbs:11 Fat:12

Yield: 4 servings Serving Size: 11 mussels plus broth

### Ingredients:

2 lbs. Live Mussels (about 44 lbs.)  
1 tbsp. Butter  
1 tbsp. Extra Virgin Olive Oil  
4-6 jarred Anchovies  
4 cloves Garlic, minced  
¼ tsp. Crushed Red Pepper Flakes  
¾ c. White Wine  
¾. c. Vegetable Broth  
Kosher Salt and Freshly Ground Black Pepper, to taste  
1/3 c. chopped fresh Flat-Leaf Parsley  
Sliced grilled or broiled French Bread, optional for serving and dipping into the yummy broth

### Instructions:

Rinse and scrub mussels under cold water. Using your fingers or paring knife, remove beards (strings that hang from the mussel shells), and discard.  
Add butter, oil and anchovies to a large pot over medium heat. Cook until the anchovies break down, about 1 minute. Add garlic and red pepper flakes and let sizzle for about 30 seconds.  
Quickly pour in wine and broth into the pan and season with salt and black pepper, to taste.  
Bring sauce to a boil and cook 3 to 4 minutes, then stir in mussels, and cover immediately. Shake pot and let boil for 1 minute.  
Stir mussels, cover, and let boil for 3 to 4 minutes until the shells begin to open.  
Stir in parsley. Serve with grilled bread, if desired.



# Anti-obesity Medications

Only an estimated 30 to 40 percent of commercial health insurance plans cover AOM's

Anti-Obesity GLP-1 Medications are ideal for patients needing to lose 10-15% of excess body weight. This can apply to the non-surgical patient, the patient needing to lose weight prior to surgery, or the post-bariatric surgery patient experiencing minimal weight regain.



Orlistat  
(Xenical): 5-  
10% weight loss.

Liraglutide  
(Saxenda): 8%  
weight loss

Semaglutide  
(Wegovy): 15%  
weight loss

Phentermine-  
Topiramate  
(Contrave): 9%  
weight loss

Naltrexone-  
Bupropion  
(Qsymia): 7%  
weight loss

Phentermine  
7% weight loss

Mounjaro: 26%  
weight loss

Ozempic: 15%  
weight loss

Bariatric surgery still remains superior to all these drugs resulting in 60-85% of excess weight loss.





# Be an Influencer

Did you know that as a member of the Advanced Bariatrics family you are now an “influencer” in the community?!

You have the ability to impact the lives of family, friends, neighbors, and coworkers with your improved healthy lifestyle.

Word of mouth referrals are our biggest compliment as you are personally entrusting your loved ones to our care. As a result, we make it our personal mission to treat all our patients like our own family!

Let’s continue to spread the word on treating obesity and help break a new record in 2024 for the number of lives we can impact!





# 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**

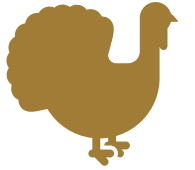
**#facetofacefriday**



# Happy Halloween



# Happy Thanksgiving



We hope you all enjoyed October 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) | [mradcliffe@advancedsurg.net](mailto:mradcliffe@advancedsurg.net)

## Advanced Bariatrics

802 Fox Glen Ct., Barrington, IL 60010 | 650 Dakota St., Ste. B, Crystal Lake, IL 60012

**P: 847-350-9564**

<https://advancedbariatrics.com/>

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

**Merry Christmas  
&  
Happy Holidays**



**SCAN ME**

Visit the Advanced Bariatrics Website



**SCAN ME**

Join the Facebook Support Group