



**Advanced**  
BARIATRICS

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## January 2024 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 has been a part of our bariatric family for the past 2 years. She is passionate about 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 also specializes in Obesity Medicine and manages our Medical 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.



# Bariatric Teammates

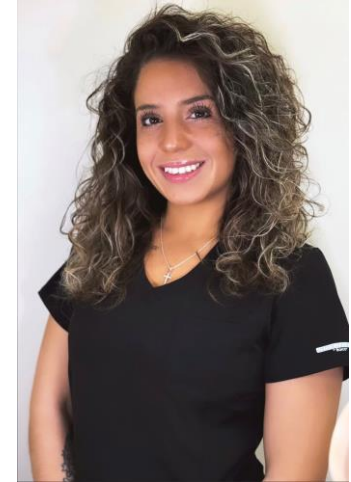
- **Kiersten** is Dr. Cheregi's **Bariatric Program Administrator**. Having worked with Dr. Cheregi for the past 9 years, she has become an integral part of the bariatric surgical process, guiding you through every step of the process from navigating the insurance process, meeting with the dietitian and psychiatrist, to scheduling surgery.
- **Melissa** is Dr. Chang's medical assistant having worked with her for the past 7 years.
- **Barbara** is the newest addition to our bariatric family as Nurse Practitioner Vanessa's medical assistant.
- Together, 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.
- New patients can reach us by calling: **847-350-9564**.
- **Kiersten Kern:** [kkern@advancedsurg.net](mailto:kkern@advancedsurg.net)
- **Melissa Radcliffe:** [mradcliffe@advancedsurg.net](mailto:mradcliffe@advancedsurg.net)
- **Barbara Tinajero:** [btinajero@advancedsurg.net](mailto:btinajero@advancedsurg.net)

Melissa



#teamchang

Barbara



#teamcheregi



Kiersten Kern  
Bariatric Program Administrator



# 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)





Christmas Party  
Highlights!



Over 1,000 lbs. lost  
from our Top 7 Losers!





# 2024 Facebook Live Information Seminars

## 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. 10<sup>th</sup> at 6:00 PM – Dr. Cheregi

Sat., Feb. 10<sup>th</sup> at 9:30 AM – Dr. Cheregi

Sat., March 9<sup>th</sup> at 9:30 AM – Dr. Chang

Sat., March 16<sup>th</sup> at 9:30 AM – Dr. Cheregi



# Anti-obesity Medications vs. Bariatric Surgery

Anti-obesity Medications should be utilized in conjunction with bariatric surgery.  
They do **NOT** replace surgery.

Anti-Obesity  
Medications:

Wegovy  
Saxenda  
Mounjaro  
Ozempic  
Phentermine  
Contrave

Treatment Options	Expected Excess Weight Loss
AOM Medicine	2-22%
Vertical Sleeve Gastrectomy	50-70%
Roux-En-Y Gastric Bypass	60-80%
SADI-S	60-85%

# Examples of Weight Loss Results

Male Example	
Initial BMI	47
Weight	330 lbs
Ideal Body Weight	160.9 lbs
Excess Body Weight	169.1 lbs
<b>AOM Weight Loss (22%)</b>	<b>37.2 lbs</b>
<b>RNYGB Weight Loss (75%)</b>	<b>126.8 lbs</b>
Final BMI – AOM	42
Final BMI – RNY	29

Female Example	
Initial BMI	47
Weight	330 lbs
Ideal Body Weight	151 lbs
Excess Body Weight	179 lbs
<b>AOM Weight Loss (22%)</b>	<b>39.4 lbs</b>
<b>RNYGB Weight Loss (75%)</b>	<b>134.4 lbs</b>
Final BMI – AOM	42
Final BMI – RNY	27

# Patient Success: Christiana

One year ago today with the help of [@advbariatrics](#) and [#teamcheregi](#) I had the surgery that would change my life forever. I knew having the sleeve would help me lose weight, but I didn't know how much of an impact it would have on my life. As of today I've lost **168 lbs** ( 114 since surgery), and with all that I've lost I've gained so much more. I have my life back. I have more confidence in myself and I'm able to enjoy my life so much more. I didn't realize how unworthy I felt of everything until I started losing weight. If I could go back I would 100% try to tell myself that the numbers on the scale do not define how worthy I am, but I am grateful I was able to learn it now. I feel more present in the lives of my kids. I have the energy to play with them more. I don't feel ashamed to be present and participate in their school and activities. I feel more confident in myself and my abilities. I still have days when I'm hard on myself but I have more where I feel worthy of all I have in my life. I cannot express enough gratitude to this amazing support team I've had. I know there are people who think getting surgery is the easy way out, and to that all I can say is, it's easy to think something is easy when you've never experienced it yourself. This last year has been hard, but I've learned so much about myself, including finding an exercise I actually enjoy doing so I'm consistent with it! I know I still have a way to go, so I can't wait to learn even more. I still sometimes feel shame when I talk about where I started, but I know that took a lifetime of pain to get to, and I had to fight to get to where I am today, and for that I am so proud.

#TEAMCHEREGI  
Gastric Sleeve  
Oct 2022



# January Support Group

Jan. 22<sup>nd</sup> @ 6:30 PM  
Zoom

## Identifying & Treating Binge Eating

January's support group will be a Zoom meeting done in conjunction with our psychologist partners with Rosecrans & Associates. Dr. Rosecran's will be presenting on the important topic of Binge Eating. She will point out the differences between overeating and binge eating and offer education tools to assist patients with overcoming this. Similar to obesity, binge eating is a disease not to be ashamed of. Seeking treatment from a mental health professional is the first step to overcoming the disease.







## February Support Group

Feb 17<sup>th</sup> at 10:00 AM  
Zoom

### Veteran Patient Panel

For February's Support Group, we are hosting a Veteran Patient Panel. As many new patients have joined the Advanced Bariatrics family, we wanted to take the opportunity to allow questions to be asked of our veteran patients and have them share their experiences with everyone. These patients have walked and continue to walk in your shoes. They are a valuable source of information that we can't wait to share with everyone.

Please send your questions in advance to Nurse Practitioner Vanessa:  
[vmanzo@advancedsurg.net](mailto:vmanzo@advancedsurg.net).



# grocery store tours

## MARCH SUPPORT GROUP

**March 20<sup>th</sup> at 6:30 PM**

Jewel – Fox River Grove

800 Northwest Hwy #14, Fox River Grove, IL 60021

Dietitian Chrissy and Nurse Practitioner Vanessa will be hosting a grocery store tour for March's Support Group. Sometimes the hardest challenge of maintaining your new healthy lifestyle is knowing what types of foods to buy when grocery shopping for you and your family. During this grocery store tour, Chrissy will help you learn a new way to navigate the grocery store and offer quick tips on reading labels.



# Patient Success: Danielle

February 14th 2023, 10 months ago I had surgery which was the new start of a healthier life. Anyone that says this is the easy way out needs to be educated, because this has not been an easy journey but it sure has been an amazing tool. Thank you Dr. Cheregi and team, I feel amazing, blessed and beyond grateful ♥ Happy Holidays Everyone!



#TEAMCHEREGI  
Gastric Sleeve  
Feb 2023



An aerial photograph of a winding asphalt road that curves through rolling green hills. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows cast across the grassy slopes. The road is bordered by a simple wooden fence, and the overall atmosphere is peaceful and scenic.

# Self-Care Tips for the Road Ahead in 2024

Audra Wilson, MS, RD, CSOWM, LDN, CSCS

The new year is a time for new beginnings, change, and lots of resolutions! This year, why not make your resolution a goal of self-care instead. YOU are the most important person in your life and are deserving of care, love and respect.





## Self-Care Tips – Self-Care Isn't Selfish

1.

### Drink Water

Adequate hydration can mean more energy, clarity, and less cramping and muscle pain. Get yourself a water cup that fits your style, is easy to carry around, and fits in a cup holder! It is the little things that make sipping throughout the day easier. Try using fruit to infuse water or different herbal teas for a flavor twist to plain water.

2.

### Get Adequate Rest

Create an environment for good sleep at home – cooler temperature, dark room, no screens within an hour of bedtime. Good sleep, rest and recovery can help with cravings, fatigue and allow you to more easily manage stress. Sleep hygiene is a very important and often overlooked aspect of overall health.

3.

### Move Your Body Every Day

Whatever movement feels joyful, whatever activity brightens your mood, whatever exercise gives you energy, just get moving. It does not have to be in a gym or on a treadmill or other piece of exercise equipment, you just have to start. As the saying goes, the journey of 1,000 miles begins with one step. Every type of movement counts. And don't forget your year Advocate gym membership if you haven't utilized it yet!



## Self-Care Tips – Self-Care Isn't Selfish

4.

### Start Something New

Try a new dance or exercise class, read a book you've always wanted to, restart a hobby that you used to love or try out a new one. Check out your park district for opportunities or even the local library. Learning new things brings excitement to life and allows your brain to stretch in new ways.

5.

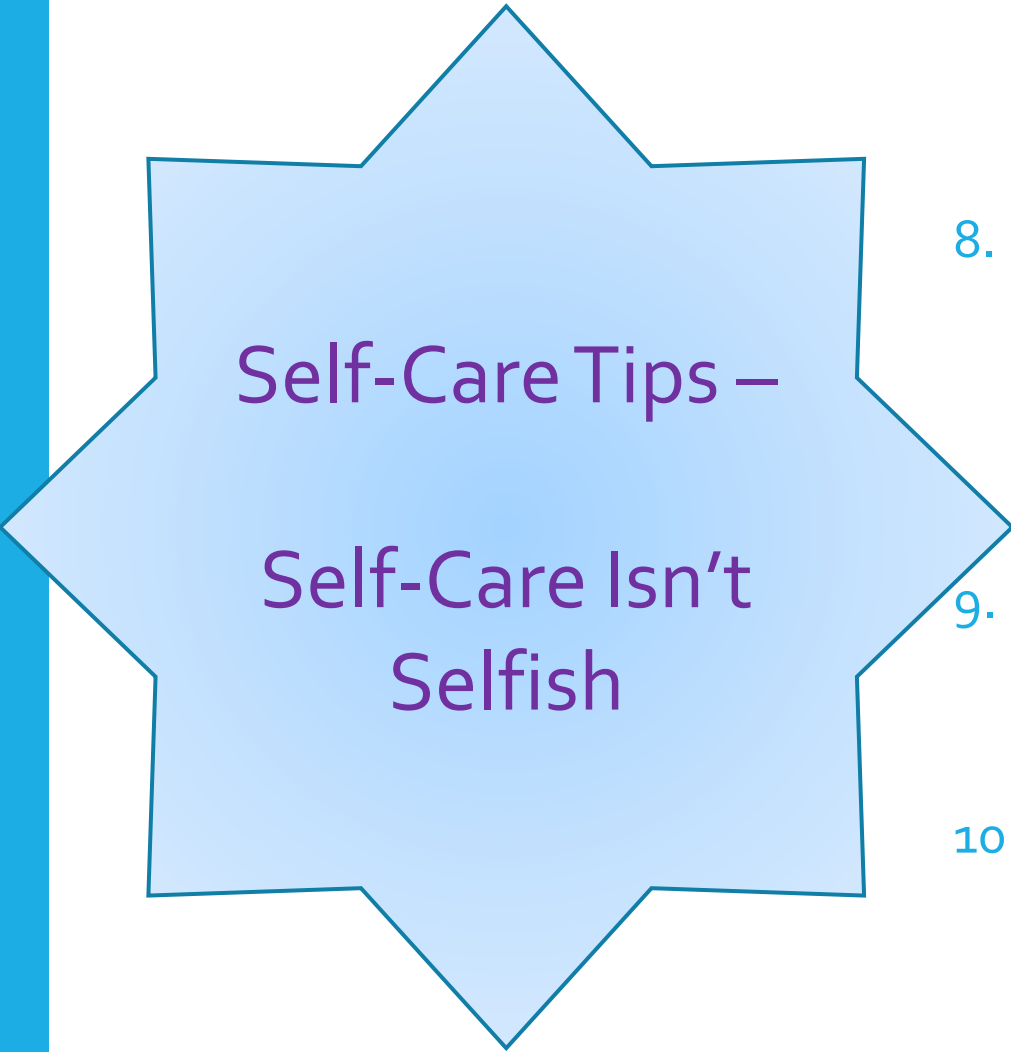
### Rethink Your Nutrition

Are you eating all of the same foods? Focusing only on protein? Eating meals and/or snacks that only contain a single component? We need variety in our diet not only to meet nutritional needs but also to prevent boredom and cravings. Add produce, crunch and healthy fats to meals and snacks. Instead of a handful of nuts, try 5-6 almonds, a lowfat cheese stick and 7-10 grapes or hummus or guacamole, baby carrots and whole-grain crackers.

6.

### Seek Support

Surgery is a monumental change in your life. Good support can make all the difference, especially if you used food to deal with stress or emotional disturbance in the past. Navigating your new reality with the help of a professional therapist can help to make the many transitions to post-op life more manageable. Reaching out to members of your support group or finding new, post-surgical friends can mean speaking to people who truly understand you and allow you to feel heard and be validated.



## Self-Care Tips – Self-Care Isn't Selfish

7. **Do Something for Yourself Every Day**  
Caring for yourself can be as simple as reading the paper or a book you love for 10-15 minutes, having a cup of your favorite herbal tea, listening to a podcast you enjoy, or even saying “no” to an invitation to give yourself some time to relax. These small gestures can make a big difference in how you feel and how you relate to others in your life.
8. **Try Meditation – apps**  
You can go to a quiet corner to take some deep breaths, use an app on your phone, or even meditate through movement. Taking the time to connect to your body and check in with yourself can give you a wealth of information and bring some calm and clarity to your day. Start small with a few minutes a day, like before you leave your car to go into work or once you pull into your garage before greeting your family or when you first wake in the morning.
9. **Start a Journal – triggers, gratitude**  
You can log your food, mood, triggers, gratitude, whatever helps you to add reflection and positivity to your day. Often, writing out words and phrases brings more connection to what you are writing, so try a paper journal and pen.
10. **Practice the Pause**  
Before you choose your food or beverage, before you take action, before you speak, practice the pause. Acting on impulse can lead to hasty decisions and sometimes regret. Take a moment to connect to your body and mind, considering all sides of the issue, and allow your decision to be the one you truly want.

Tag us with your success stories @advbariatrics



Leave a Google Review:

Advanced Bariatrics: <https://g.page/advbariatrics/review?gm>

## 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!



We hope you all enjoyed January 2024'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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**P: 847-350-9564**

<https://advancedbariatrics.com/>

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



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Visit the Advanced Bariatrics Website



**SCAN ME**

Join the Facebook Support Group