



Advanced
BARIATRICS

April 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, Dr. Hsin-Yi Chang, and Dr. Daniel Hoeltgen, 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 our team of surgeons 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, FASMBS

#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.

Your Surgical Team

Daniel Hoeltgen, MD, FACS, FASMBS

#TEAMHOELTGEN

- ▶ Dr. Hoeltgen has a special interest in advanced laparoscopic surgery, robotic surgery, and bariatric surgery. He has significant experience in multiple advanced laparoscopic and robotic surgical techniques. Dr. Hoeltgen has served as a faculty member for several large laparoscopic surgery companies, teaching other fully trained surgeons advanced laparoscopic and robotic surgical procedures, including gastric bypass.
- ▶ Dr. Hoeltgen attended Northwestern University Medical School in Chicago, Illinois. He completed his internship and residency at the University of Illinois Metropolitan Group Hospitals surgery program in Chicago. He is a cum laude graduate of Duke University in Durham, North Carolina. Dr. Hoeltgen is a Diplomate of the American Board of Surgery and has subspecialty certification in Bariatric Surgery. He is a Fellow of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery (ASMBS). He is also a member of the Society for Gastrointestinal and Endoscopic Surgeons (SAGES). He is Medical Director of Bariatric Surgery at Advocate Good Shepherd Hospital and has held many other leadership positions including Chairman of the Department of Surgery.



Vanessa Manzo, MSN, FNP-C Nurse Practitioner Obesity Medicine Certified

- ▶ 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.
- ▶ 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 offering anti-obesity medications to both surgical and non-surgical patients providing additional resources for weight loss. 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 10 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
- ▶ **Melissa Radcliffe:** mrادcliffe@advancedsurg.net
- ▶ **Barbara Tinajero:** btinajero@advancedsurg.net



Kiersten Kern
Bariatric Program
Administrator



Melissa - #teamchang



Barbara - #teamcheregi

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



How high blood sugar, hypertension, and obesity can add up to cancer risk

About a third of Americans have metabolic syndrome. It's a cluster of conditions that can include hypertension, high blood sugar and a large waistline, and together increase your risk of heart disease, stroke, Type 2 diabetes and cancer.

Those with metabolic syndrome had a **30%** increased risk of developing any cancer in the subsequent years, the study showed. The researchers also tracked C-reactive protein, which is used to measure chronic inflammation. Metabolic syndrome and higher levels of this protein were "significantly associated with subsequent breast, endometrial, colorectal and liver cancers," the authors conclude.

Reduce your cancer risk by having **bariatric surgery!**



2024 Information 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.

Dr. Cheregi – April 3rd @ 6:00 PM – Facebook Live

Dr. Hoeltgen – April 13th @ 9:30 AM – Good Shepherd

Dr. Cheregi – April 17th @ 6:00 PM – Facebook Live

Dr. Cheregi – May 1st @ 6:00 PM – Facebook Live

Dr. Cheregi – May 15th @ 6:00 PM – Facebook Live

Dr. Cheregi – June 1st @ 9:30 AM – Facebook Live

Dr. Cheregi – June 26th @ 6:00 PM – Facebook Live

The information seminar held at Good Shepherd is located in Conference Room A.

Patient Success: Shelby A.

Lost **55 lbs.** 2 months after SADI-S!

▶ I stepped on the scale this morning and was pleasantly surprised to see that I weighed in at 179.5 pounds! 🙌 This exciting news definitely calls for a face-to-face Friday post to share with all of you lovely people. It feels incredibly rewarding to be back in the 170's again, and I am so proud of myself for making the decision to have WLS and working hard to get where I am now. 🙌❤️ The hard work and dedication are paying off, and I am feeling more confident and energized than ever. Here's to celebrating small victories and continuing on this amazing journey towards a healthier and happier me! 🎉❤️

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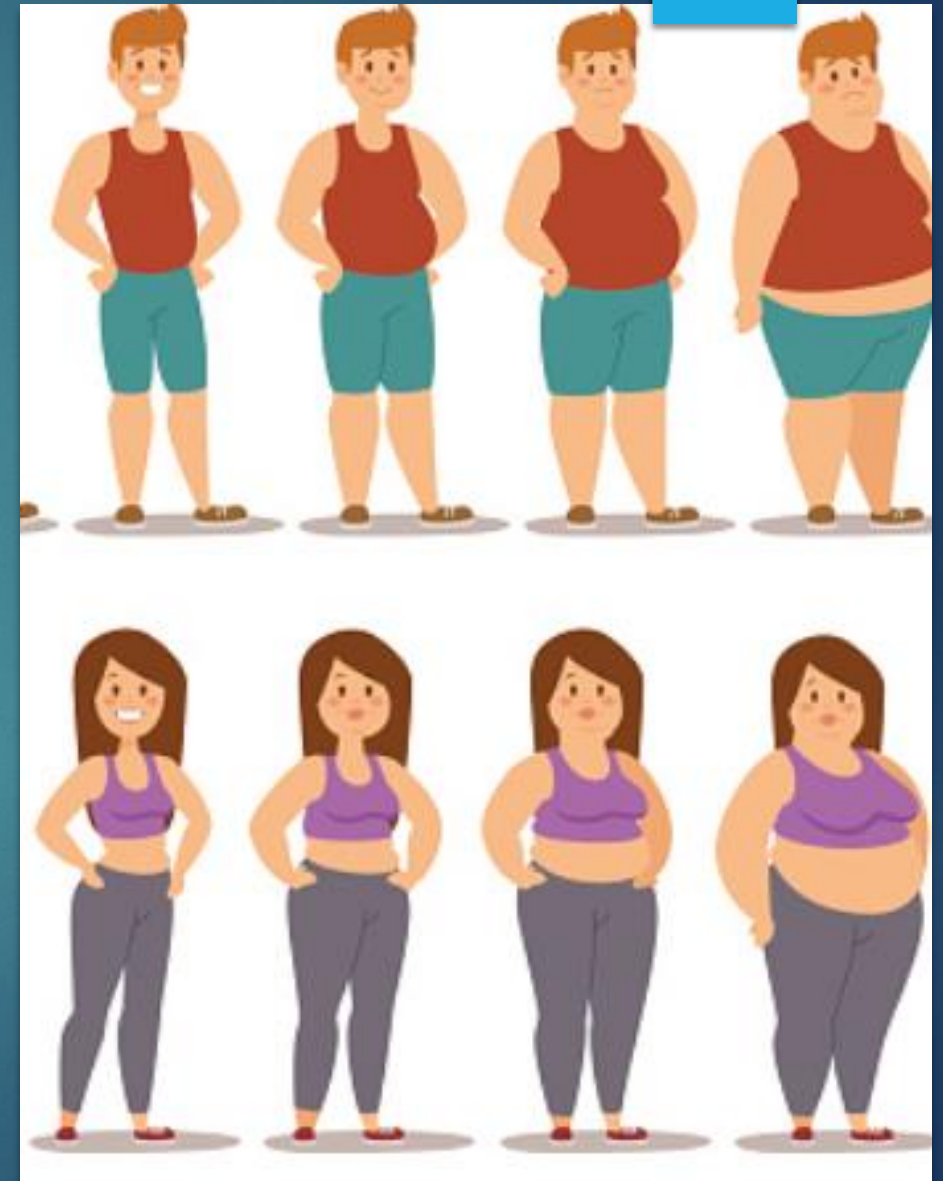


#TEAMCHEREGI
SADI-S
Jan 2024

April Support Group – Weight Regain after Bariatric Surgery

April's Support group will be a **Zoom** meeting hosted in collaboration with our Bariatric Advantage vitamin representative Dena on **April 23rd at 6:00 PM**. She will be offering insight and helpful tools to help with getting back on track with the bariatric lifestyle!

After bariatric surgery, it is possible to regain some weight. For some patients, this may be a simple fluctuation from 10 lbs. \pm from their goal weight which is normal. Other patients may find, they have gained 30 lbs. or more. When this happens, it is nothing to be embarrassed about. Obesity is a chronic disease that requires constant maintenance at maintaining the lifestyle change you made after bariatric surgery. Having regular check-ins with your bariatric team of surgeons, nurse practitioner, dietitians, and psychologist can help prevent this. But if it does happen, reach out to your team!



May Support Group – Meal Planning

- ▶ May's Support Group will be a **Zoom** meeting with Dietitian Audra on **May 13th at 6:00 PM**. She will be offering helpful tools and ideas for meal planning. After bariatric surgery, it will be crucial to be committed to making the lifestyle change for long-term success. Unfortunately, life won't stop being busy and stressful while you are trying to do this. So, being prepared to handle those challenges and avoiding the temptation to fall back into "easy" bad habits will be a huge factor in maintaining your weight loss success!



Barrington, IL

LOCAL SPONSORSHIP OPPORTUNITIES

Presenting Sponsor:

**Advocate Good Shepherd
Hospital**



June Support Group Walk from Obesity

Event Details:

Date: Saturday, June 8, 2024

Time: 9:00 AM – 12:00 PM

Location: Advocate Good Shepherd Hospital
450 W Hwy 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.

Benefits of an Anti-Inflammatory Diet!

Inflammation is a natural process that serves to protect the body and allow it to heal. However, if it's consistent, it may increase the risk of other health conditions. An anti-inflammatory diet can be beneficial for reaching weight loss/body composition targets and for achieving optimal levels of health. Focus on a proactive approach to nutrition by adding in many foods to your current nutrition plan that will support the idea that food is medicine.

Anti-Inflammatory Top 10 Tips

1. Did you know the American Heart Association recommends eating 2 servings of fish per week - try to include this protein source in your weekly menu planning. An additional bonus if you can prioritize purchasing higher quality protein sources such as grass-fed beef, pasture raised poultry or wild caught fish.
2. Mediterranean flavors such as basil, oregano, mint, bay leaf, garlic, cumin, fennel, parsley, rosemary and thyme can help to eliminate high salt seasonings or high sugar marinades. Fresh grated ginger can serve as a great flavor profile for wild caught salmon. Ginger and garlic have been researched to help lower inflammatory markers such tumor necrosis factor alpha, interleukin-6 and C-reactive protein.
3. Stay consistent with your food journal to evaluate areas of opportunity for nutrition obstacles that can be causing inflammation. Sugar cravings can be challenging to overcome but having healthy alternatives is a great first step to keeping this in check with a focus on whole, natural foods. Try a baked apple topped with cinnamon and Greek yogurt this week as a nutrient dense dessert.

Benefits of an Anti-Inflammatory Diet!

4. Fighting inflammation with antioxidant rich foods is a proactive approach to focusing on what you can add to your diet. Eating the rainbow offers disease fighting benefits with components such as lycopene, beta cryptoxanthin, sulforaphane, isothiocyanates, indoles, anthocyanin and allicin.

5. Starting the day on the right foot can often cause a snowball effect of a whole day of solid nutrition choices. Consider green tea as a great morning beverage alternative as it is rich in polyphenol antioxidants including a catechin called EGCG.

6. A kitchen transformation can help to eliminate any products that are inflammatory - look for harmful ingredients such as high fructose corn syrup, trans fat, refined sugar or flour products. Try spending extra time at the grocery store this week to read ingredient labels with the goal of loading your cart with ingredients that you can spell and pronounce.

7. Olive oil is rich in a monounsaturated fat called oleic acid that would be a great addition to your anti-inflammatory diet. Consider trying a homemade salad dressing this week with olive oil and fresh herbs.

8. Exercise can support healthy blood sugar regulation. Healthy blood sugar control can lead to steady energy and reduced food cravings. Less food cravings can assist with improved consistency with your personal nutrition plan and less inflammatory foods.

Benefits of an Anti-Inflammatory Diet!

9. Our health and ability to decrease inflammation can often be impacted by stress, time and psychology.

Stress: Consider starting a meditation practice to help support healthy levels of our stress hormone cortisol. Cortisol is highest in the morning and comes down throughout the day. Supporting cortisol will assist in ideal sleep habits that will positively impact weight and body composition goals.

Time: Communicating with our family and friends on your health-related goals will help people close to you understand your personal vision of your optimal level of health.

Psychology: Take time today to reflect on the media outlets you utilize and the impact it has on your daily health habits. Focus on resources that lead you to positive self-talk, healthy inspiration for change and creative ways to stay on track.

10. Develop a love for the kitchen and cooking at home to use alternative ingredients for your favorite dishes. Have you tried making your own cauliflower pizza crust, using zucchini noodles as a base for lasagna or using parsnips to make fries? Following an anti-inflammatory diet does not mean giving up your favorite foods - just imagine a healthier version for your plate.



Shrimp Stir Fry Recipe

Ingredients:

2 tbsp water 1 tbsp cornstarch 1/4 c. low-sodium soy sauce, or gluten-free tamari
2 tbsp rice vinegar 1 tbsp brown sugar
1 tbsp minced ginger or garlic, or both
2 tsp sriracha, optional

1 tbsp sesame oil or vegetable oil
1 1/4 lbs. peeled large shrimp, patted dry
8 oz. asparagus cut into 1-inch pieces, or snow peas
1 large red bell pepper, cut in 1-inch pieces
2 c. cooked rice or swap out for Cauliflower rice to lower the carbs
1 tsp toasted sesame seeds for serving

Instructions:

To make the sauce, whisk the water and cornstarch in a small bowl until smooth. Add the soy sauce, rice vinegar, brown sugar, ginger, and sriracha (if using). Set aside.

In a large deep skillet or wok, heat the oil over high heat until it shimmers and is nearly smoking. Add the shrimp, in a single layer if possible, and cook, stirring occasionally, for 2 minutes, or until they're mostly pink (they'll finish cooking in the remaining steps).

Add the asparagus and red bell peppers and stir fry for 1 minute.

Pour in the sauce, stir to coat, and cook until the sauce is glossy and starting to thicken, 30 seconds to 1 minute.

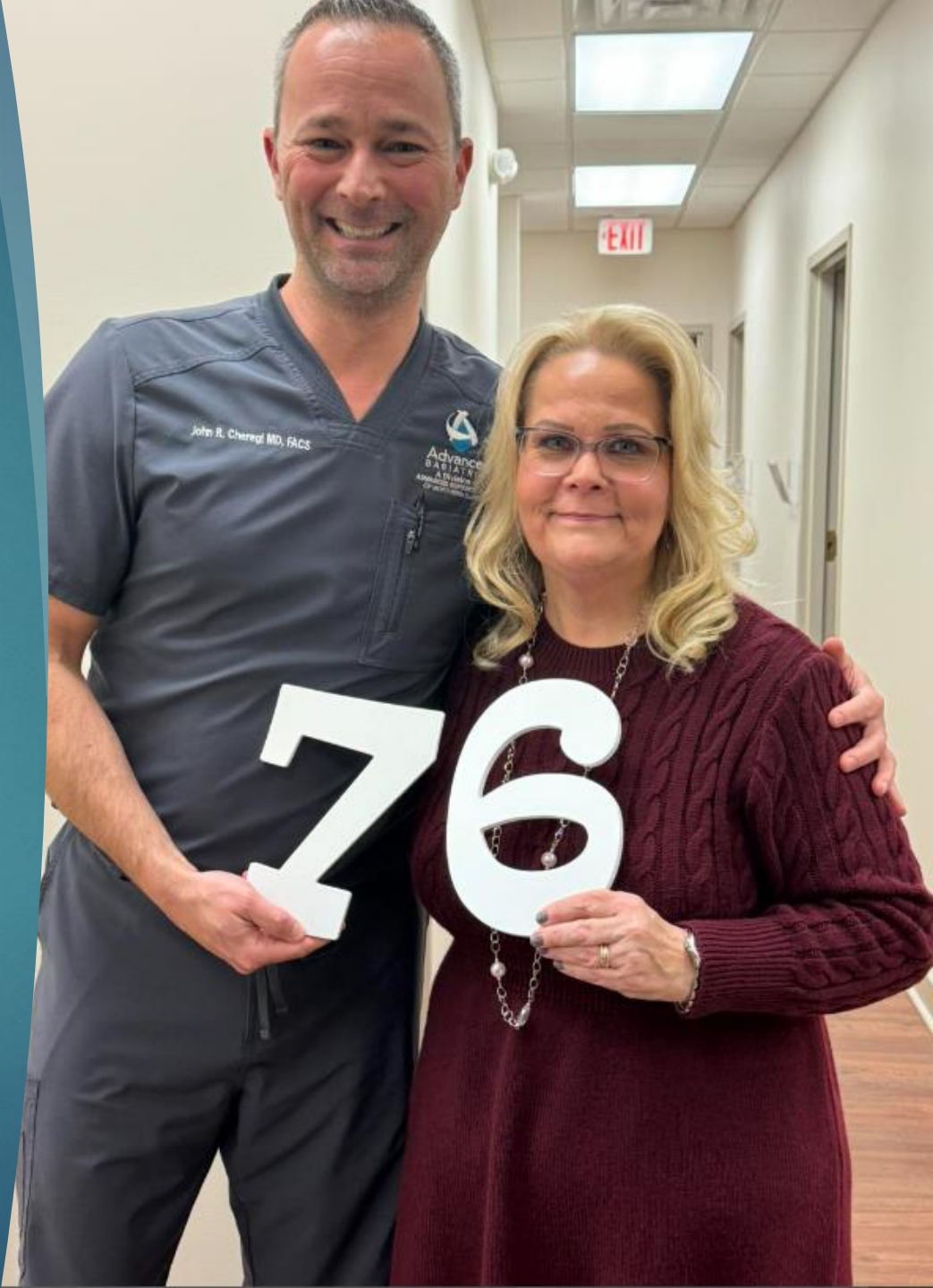
Serve with cooked rice and sprinkle with sesame seeds just before serving.

Cals: 307 Protein: 25 Carbs: 39 Fats: 5.5 Time: 15 mins

Patient Success: Jennifer V.

From my first telephone call with Kiersten to my consult with Dr. Cheregi, I was amazed. I instantly felt comfortable and knew this was the team for me. My surgery and my post-operative course were uneventful and dare I say, easy for me...I went in positive and never lost that positivity. I've embraced every single aspect of this journey, as it meant I was one step closer to the new me. Life after bariatric surgery has changed in so many ways! I have such confidence in myself, and I feel so good. I no longer shop in the plus size section! I love seeing clothing and knowing I can actually have it because I am in regular sized clothing. I love seeing myself in pictures. I am never self-conscious and embarrassed to walk into a room full of people. Physically I feel amazing. I have a lot more energy and I love to be active! And, just putting this out there, I love looking so damn good!

#TEAMCHEREGI
Gastric Bypass
Aug 2023



Tag us with your success stories @advbariatrics



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!



Leave a Google Review:

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

We hope you all enjoyed April 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 | mradcliffe@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!



SCAN ME



SCAN ME

Visit the Advanced Bariatrics Website

Join the Facebook Support Group