



**Advanced**  
BARIATRICS

July 2024  
Newsletter



# Table of Contents

- Who is Advanced Bariatrics?
- Your Surgical Team
- Nurse Practitioner Vanessa
- Your Bariatric Teammates
- Dietitian – Jessica
- Dietitian – Audra
- Dietitian – Chrissy
- 2024 Information Seminars
- Don't Let Fear Hold You Back
- Patient Success: Kristen P.
- July Support Group
- August Support Group
- September Support Group
- Patient Success: Lisa F.
- Spicy Salmon Sushi Pizza - Recipe
- Eating out the Healthy Way Post Op
- Be an Influencer

# 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.

*"I want my patients to feel that I'm here at every step of the way. This is a life-changing journey. From the very first conversation about the challenges you face – through surgery and follow-up – we are right by your side. We are committed to helping you reach your 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.

*"The ideal patient-doctor relationship is one in which both people are listening and learning. I want my patients to understand the pros and cons of every procedure we are discussing. Together, we'll find the best path forward. I'll be with them throughout their journey."*





# 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 since 2014. 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.



# Kiersten Kern

## Bariatric Program Administrator



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.

She guides you through every step of the process from meeting with the dietitian and psychiatrist to scheduling surgery.

Kiersten also helps you navigate the insurance process and personally calls to check on your benefits. She is very passionate about helping you succeed on the journey to becoming a healthier you.

Contact Kiersten to schedule a bariatric surgery or medically managed weight loss consultation for Dr. Cheregi or Nurse Practitioner Vanessa.

**[kkern@advancedsurg.net](mailto:kkern@advancedsurg.net)**  
**847-381-8161, ext. 104**



# Bariatric & Medical Weight Loss Coordinators



Melissa: [mradcliffe@advanced surg.net](mailto:mradcliffe@advanced surg.net)

Melissa is the bariatric coordinator for **Dr. Chang** and **Dr. Hoeltgen**.

Barbara is the medical weight loss coordinator for **Nurse Practitioner Vanessa**.

They guide our patients through the entire process 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.



Barbara: [btinajero@advanced surg.net](mailto:btinajero@advanced surg.net)

## Audra Wilson, MS, RD, CSOWM, LDN, CSCS *Lead Program Dietitian*



- 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.
- She has worked with weight management patients, pre- and post-surgical patients, patients struggling with disordered eating/eating disorders and athletes for the past six years. She is passionate about helping patients to improve their relationship with food and reach all of their health and wellness goals.

# Jessica Barker, MS, RD

## *Program Dietitian*



- 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 has a passion for the power of nutrition and healthy lifestyle changes in transforming our health and how we look, feel, and function each and every day.

# Chrissy Komjathy, MS, RD, LDN

## *Program Dietitian*



- 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.

# 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 – July 10<sup>th</sup> at 5:15 PM – Facebook Live

Dr. Chang – July 13<sup>th</sup> at 9:30 AM – Good Shepherd

Dr. Cheregi – July 24<sup>th</sup> at 6:00 PM – Facebook Live

Dr. Cheregi – Aug 7<sup>th</sup> at 6:00 PM – Facebook Live

Dr. Cheregi – Aug 21<sup>st</sup> at 6:00 PM – Facebook Live

Dr. Cheregi – Sept 4<sup>th</sup> at 6:00 PM – Facebook Live

Dr. Cheregi – Sept 18<sup>th</sup> at 6:00 PM – Facebook Live

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

# Don't Let Fear Hold You Back!

- ▶ For many patients, the idea of having bariatric surgery is something to fear.
  - ▶ Fear of the surgery
  - ▶ Fear of making the lifestyle change
  - ▶ Fear of gaining the weight back

Those who overcome that fear and change their lives say:

**“There biggest regret is not doing surgery sooner!”**

You shouldn't live with fear or regrets. So, why not try these mindful habits to break free from the control fear has in your life. Take back your control and your power to decide your destiny!



# Overcoming Fear

- **Face your fears:** Avoiding fears can make them scarier, so try to confront them head-on.
- **Take action:** Even if you're afraid at first, taking action can help your fear shrink.
- **Know yourself:** Try to understand your fears by questioning why you feel that way.
- **Adopt a growth mindset:** Focus on growing instead of achieving, and try not to be afraid of making mistakes.
- **Foster positive thinking:** Try to fill your thoughts with positive ones to condition your mind to reject failure.
- **Practice breathing exercises:** Deep breathing can help you control stress, anxiety, and fear.
- **Seek professional guidance:** You don't have to know all the answers. Asking for help is a sign of growth and maturity.

Get the facts!

Get educated!

Get accurate information!

Ignore the Haters!

## Patient Success: Kristen P.

2 years! Two years ago, I made the best decision for myself. I was a nervous wreck going into surgery. Honestly, I was so doubtful if I could do it and almost didn't. With the guidance of #teamcheregi, I can honestly say I'm so proud of MYSELF!! I'm fluctuating/maintaining my weight loss of 105-110 lbs!! My bloodwork is perfect, way more energy, running an average 15-20 miles/week, bi-monthly therapy sessions; and I'm living! Taking care of my mental and physical health is always going to be difficult, but I have the tools.

Just do it!! 😊



#TEAMCHEREGI  
GASTRIC SLEEVE  
MAY 2022





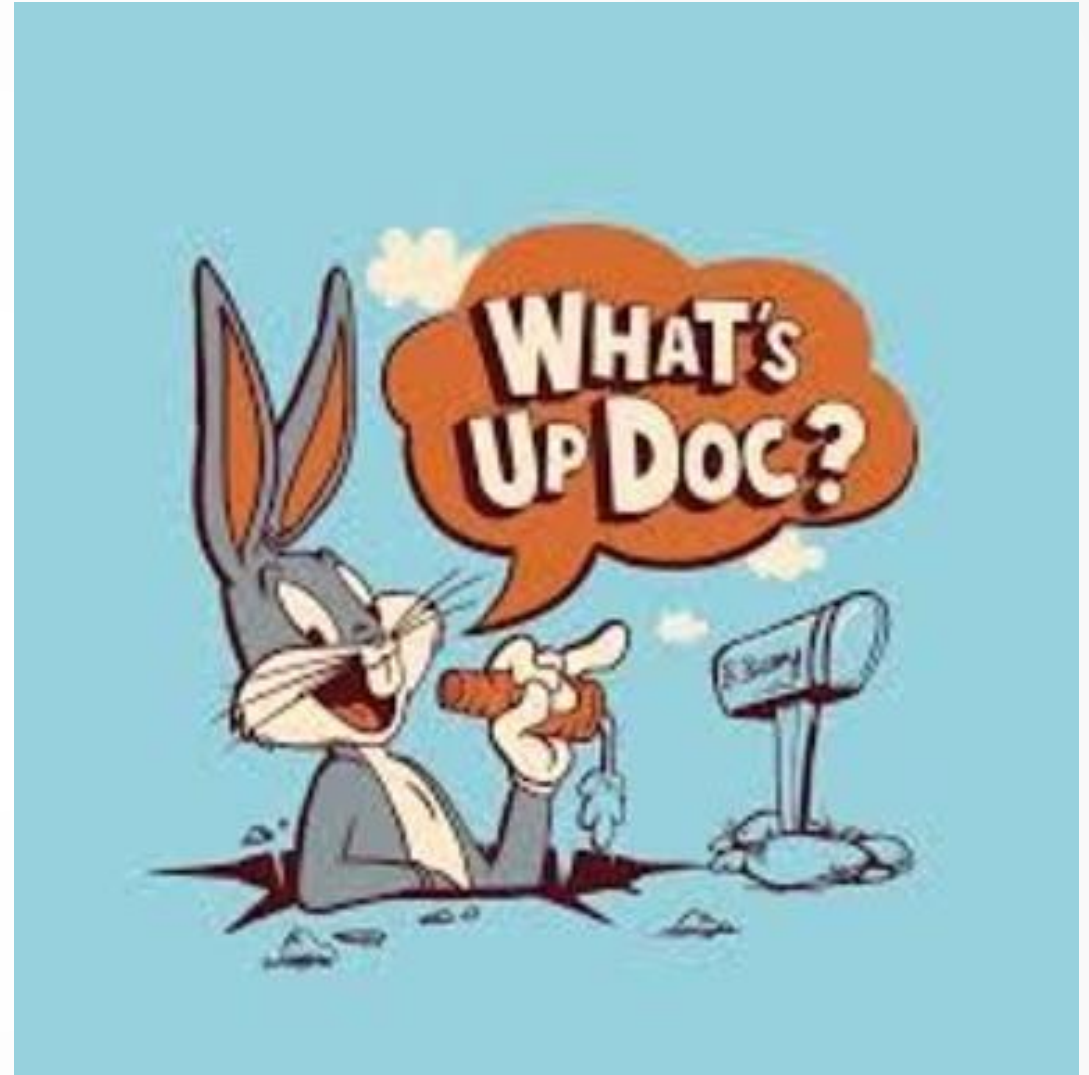
## July Support Group

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 **July 13<sup>th</sup>**. 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.

# August Support Group

## Ask the Doc

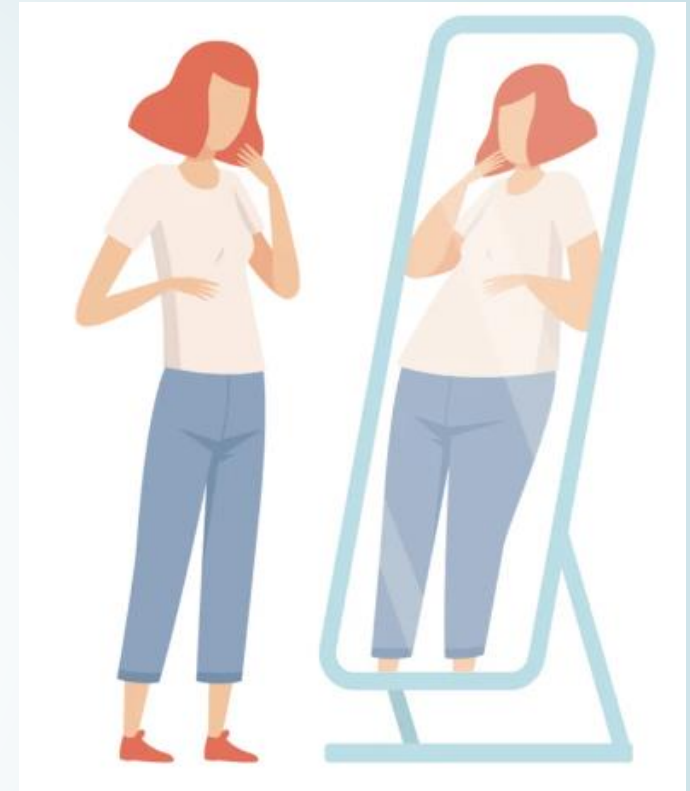
August's Support Group meeting will be held via Zoom on **Aug 3<sup>rd</sup> at 10:00 AM**. We will be hosting an open forum for discussion on some of your top questions. Dr. Cheregi will be NP Vanessa's special guest to answer your questions. Be sure to email NP Vanessa the questions you would like 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.



## September Support Group Overcoming Body Dysmorphia Sept 9<sup>th</sup> @ 6:00 PM

September's Support Group will be held via Zoom on Sept at : pm. One of our collaborating psychologists, Dr. Rosecrans, will be sharing her expertise to define what body dysmorphia is and tools to help overcome it.

After achieving your weight loss goals following bariatric surgery, it can be hard to recognize the physical changes when you look in the mirror. You may still see yourself as the heavier version when in reality you are not. Be patient with yourself. It takes the mind longer to catch up with where your body is at physically.



# Patient Success: Lisa F.

The past 2 weeks have been pure joy as I reminisce of where I was 1 year, 2 year, and 3 years ago. May 17th was my 2-year surgiversary. The beginning wasn't easy, but I am so grateful for making this decision. It has changed my life.

Today, I am down 100+ lbs. and maintaining. I'm living my best life and am physically active every day! One of biggest wins is being able to enjoy long walks in nature. Thank you so much to Dr. Cheregi and the team at Advanced Bariatrics and the continual support.



#TEAMCHEREGI  
GASTRIC SLEEVE  
MAY 2022

## Spicy Salmon Sushi Pizza

Cals:403 Protein:24.5 Carbs:17 Fat:26.5

### Ingredients:

2-6 inch tortillas, gluten-free or whole wheat (I used Siete casava flour)  
2 ounces avocado, from 1/2 small haas  
kosher salt  
8 ounces sushi-grade salmon, or sashimi, skin removed and minced fine  
2 tablespoons mayonnaise  
2 teaspoons sriracha

2 tablespoons sliced scallions, divided  
1 teaspoon toasted sesame oil  
1 teaspoon soy sauce or gluten-free tamari  
1 teaspoon black and white sesame seeds  
1 thin sliced jalapeño

### Instructions:

In a medium bowl combine salmon, mayo, sriracha, half the scallions, sesame oil and soy sauce.

Mash together the avocado and a pinch of salt.

Place the tortilla in the air fryer, and air fryer 400F 1 to 1 1/2 minutes on each side, until crisp. (I place a rack on top so it doesn't blow around). Repeat with the second. To do this in the oven, bake in a 425F preheated oven on a sheet pan 5-6 minutes, flipping halfway. Place the tortilla on a cutting board, top with half of the mashed avocado. Divide the salmon and spread on top.

Lay on sliced jalapeño, remaining scallions and sprinkle with sesame seeds.

Drizzle with more soy sauce or sriracha, if desired. (Or use spicy mayo)



# Eating Out the Healthier Way Post Op

Dietitian Audra Approved!

## Breakfast

- Omelet with veggies and light cheese + fruit
- Cottage cheese + fruit
- Turkey sausage + fruit or  $\frac{1}{4}$  -  $\frac{1}{2}$  English muffin
- Buttermilk: No Yolk Scrambler, Iron Man Scrambler, Veggie Omelet

## Chipotle

- Chicken salad with fajita veggies, salsa, and beans
- Chicken bowl with fajita veggies, salsa, lettuce and beans

## Chili's

- Guiltless Grill options (any)
- Fajita Mix and Match: fajita peppers and onions + one serving of chicken or shrimp
- Soups and chili: Southwest Chicken Soup (cup), Chicken Enchilada soup (cup)
- Kids Menu: grilled chicken dippers + side of mashed potatoes

## Cooper's Hawk

- Any Life Balance options
- Kid's Menu: filet medallions + green beans and carrot or broccoli side

# Eating Out the Healthier Way Post Op

Dietitian Audra Approved!

## Olive Garden

- Soups, Salads, & Breadsticks: chicken & gnocchi soup, minestrone soup, pasta fagioli soup, salad with Signature dressing (on the side)
- Lunch-Sized Favorites: shrimp scampi
- Dinner Entrees: herb-grilled salmon
- Kids Menu: grilled chicken or shrimp + steamed broccoli

## Texas Roadhouse

- Starters: grilled shrimp, Texas Chili (no beans), cup
- Steaks: 6 oz sirloin topped with mushrooms and onions
- Chicken Specialties: grilled BBQ chicken, her-crusted chicken
- Kids Menu: grilled chicken or steak bites + green beans

## Panera

- Kids: deli turkey on white whole grain
- Any half salad with chicken
- Thai style chicken soup
- Turkey chili with beans cup
- Any sandwich without bread – just the filling
- Low-protein, low-calorie soups: ten vegetable soup cup, vegetarian Autumn soup cup, homestyle chicken noodle soup cup

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 July 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) | [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!**



SCAN ME



SCAN ME

Visit the Advanced Bariatrics Website

Join the Facebook Support Group