



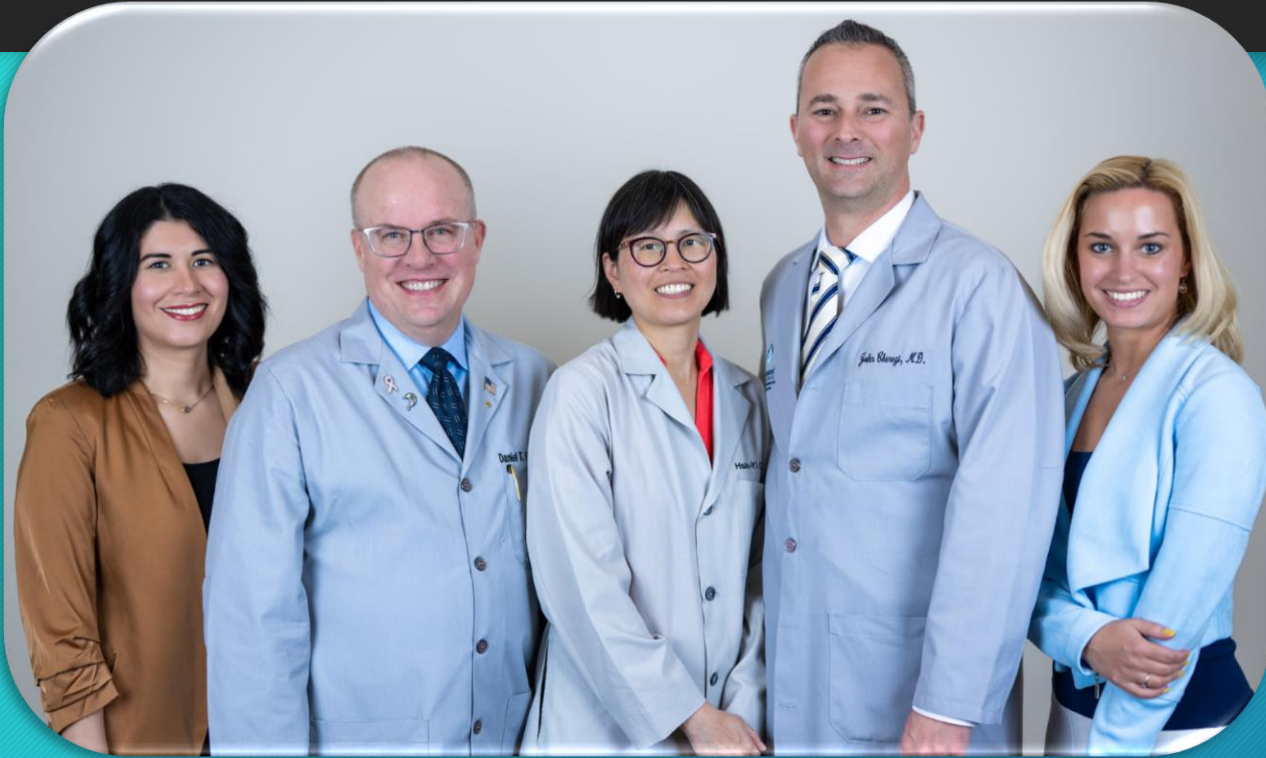
Advanced
BARIATRICS

October 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.

"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
847-381-8161, ext. 104

Medical Weight Loss Coordinator

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

She helps to guide our medical weight loss patients through the entire process and act as the main point of contact for all questions. She also obtains prior authorizations for the anti-obesity medications prescribed by the nurse practitioner. It is her passion and goal to be able to support the patients on their journey and help them achieve their weight loss goals.

btinajero@advancedsurg.net

847-381-8161, ext. 114



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 - Oct 2nd at 6:00 PM - Facebook Live

Dr. Cheregi - Nov 6th at 6:00 PM - Facebook Live

Dr. Cheregi - Dec 11th at 6:00 PM - Facebook Live

Bariatric Surgery Produces Better Durable Weight Loss over GLP-1s

GLP-1 medications:

- Weekly semaglutide injections for 20 weeks and tirzepatide for 36 weeks produced a **mean total body weight loss of 10.6% and 21.1%**, respectively.
- Roughly **half of the weight lost was regained** within a year after stopping injections.
- With continued injections, weight loss plateaued after 17 to 18 months, at 14.9% for semaglutide and 22.5% for tirzepatide.

Gastric Bypass and Sleeve Gastrectomy:

- Gastric bypass surgery and sleeve gastrectomy resulted in a **mean total body weight loss of 31.9% and 29.5%**, respectively, one year after surgery.
- Accounting for weight regained in the decade after surgery, both procedures produced a stable **total body weight loss of approximately 25%**.

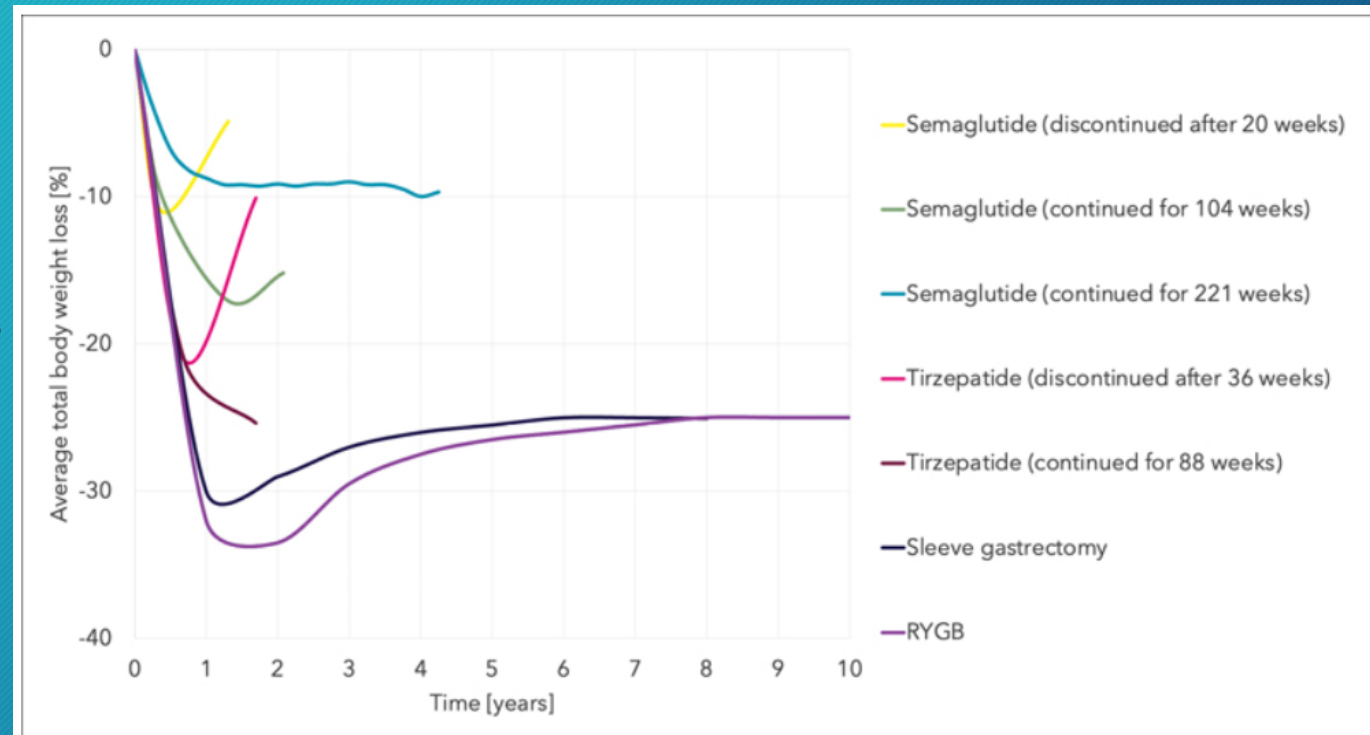


Figure. Percentage of total body weight lost over time combined from different publications.

Patient Success: Geanna N.

What it looks like when you shift your mindset:

1. Aging backwards
2. Maturing emotionally
3. Restoring your soul

130 lbs. Lost!

61% of Excess Body Weight Lost

Gastric Sleeve – Aug 2023

#TEAMCHEREGI



Advanced Bariatrics
has partnered
with Baritastic!

Connect to our program
with code: 509564.

Aside from tracking your calories, you will also have access to all our nutrition education and all phases of the pre- and post-bariatric surgery diet guide right at your fingertips. You will also be able to send your food log to your dietitians prior to your appointments.

Advanced Bariatrics offers the support you need before and after surgery.



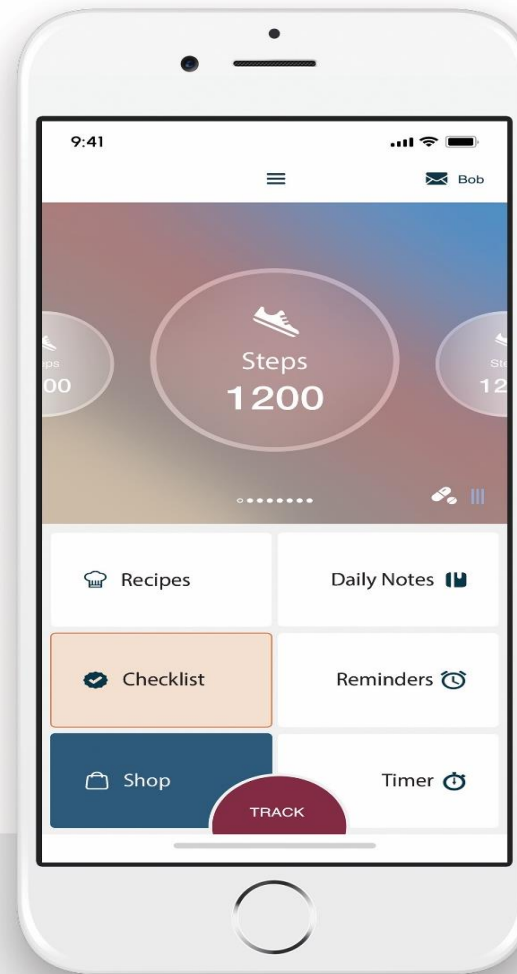
CONNECT WITH US

Scan the QR code below or search major app stores for Baritastic to download the app to your phone.



Download the app and enter the code below

509564



With this app, you can

- ✓ Track Nutrition
- ✓ Seminar to Surgery Checklist
- ✓ Track Exercise
- ✓ Track Weight Loss
- ✓ Vitamin & Supplement Reminders
- ✓ Learn About Bariatric Surgery
- ✓ Access Diet Guidelines
- ✓ Bariatric Food/Water Timer

CONNECT WITH US ON BARITASTIC



BARITASTIC | Bariatric Advantage

October Support Group

Managing Food Addictions

October's Support Group will feature one of our patient's, Amy, who also happens to be a licensed clinical professional counselor. She underwent gastric sleeve surgery in October 2022 and has since lost over 100 lbs. resulting in 92% of excess weight being lost. Amy has been able to utilize the tools she has as a mental health professional to maintain her success. It is now her passion to share those tools with others.

This Zoom meeting will be held on Oct 16th at 6:00 PM and will discuss "Managing Food Addictions."



November Support Group

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 navigate this season with minimal stress, our Bariatric Advantage representative Dena will share insightful tips and tools.

Join us **November 11th at 6:00 PM via Zoom.**

**Healthy
Eating During
the Holidays**



The Bowlero logo is written in a white, cursive font and is enclosed within a thin, light blue circular border. It is set against a black rectangular background.

DEER PARK

December Support Group

- The Advanced Bariatrics Team will be hosting its fifth annual Christmas Party at Bowlero in Deer Park!
- 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 bowling. Please RSVP to Kiersten at kkern@advancedsurg.net. All attendees need to respond by **November 26th**.
- **Party Date: December 6th**
- **Party Time: 6:00 PM – 8:00 PM**
- **Location: Bowlero – Deer Park**
21080 N Rand Rd.
Lake Zurich, IL 60047

Patient Success: Michelle C.

- I walked into your office in October or November of 2019 scared for my life. I was afraid I was going to die before I got to see my daughter graduate High School. I was terrified of what my future held health-wise for me. Dr C gave me my life back, and Vanessa has helped with that too.
- The picture in the red dress is from May 2019 (my son's high school grad) and the one in the blue dress is from June 2024 (my daughter's high school grad).
- I was pretty close to 300 pounds in the red dress, and I now weigh 156!
- Thank you to your team, the whole team. I am forever grateful for what you have helped me do. I feel amazing, have SO much more energy, enjoy wearing clothes. The biggest change I have noticed is I can walk (upstairs, around the block) without having to stop and catch my breath!!!!



#TEAMCHERE
GASTRIC BYPASS
JUNE 2020

Tips for Staying Motivated to Exercise in Winter

1. Have a Plan in Mind

If you are someone who goes into the gym and wings it with no plan, you might be more likely to lose interest and motivation because you are not achieving results. Put yourself in the best possible position with a solid plan to set you in the right direction to achieve your goals, and keep motivation high as a result.

2. Recruit a Workout Buddy

Going to the gym alone is hard and winter seems to be a time when we may want to stay inside! Simply recruiting a workout buddy can be perfect to boost accountability and help those winter blues, plus it's a warm and dry way to socialize.

3. Stick to Your Routine & Habits

Motivation comes and goes, and we can't always rely on it. Creating habits and developing discipline will be what is going to keep you going.

4. Set Goals not only related to your Physique

Solely focusing on aesthetic goals can leave you feeling dejected and unmotivated as this kind of progress can often be slow and discreet. Alongside your physique goals, consider setting some S.M.A.R.T. goals regarding your training. These will allow you plan each step of your goal setting, increasing the chances of long-term achievement whilst keeping you determined!

Tips for Staying Motivated to Exercise in Winter



CONNECT WITH US

Scan the QR code below or search major app stores for Baritastic to download the app to your phone.



Download the app and enter the code below

509564

5. Track your Nutrition
Tracking with your Baritastic app keeps you accountable and on track to achieving your goals.

6. Increase your NEAT
NEAT stands for non-exercise activity thermogenesis and encompasses everything we do that is not considered planned exercise - for example, taking the stairs, cleaning, or getting off the bus a stop earlier.

7. Plan a Walk in the Sunshine
Going out for a walk in the day can boost your vitamin D levels which will help keep your energy up throughout the day, as well as help to regulate your circadian rhythm and lead to better sleep.

8. Stay Hydrated & Cool Down
Staying hydrated and maintaining effective cooldowns is still just as important during the winter months to aid performance, prevent muscle soreness, and reduce injury risks!



Butternut Stuffed Turkey Tenderloin with Cranberries and Pecans

4 Servings Cals: 221 Protein: 22 Carbs: 20 Fats: 6 Time: 1 hr 15 mins

Ingredients:

- 2 boneless turkey tenderloins, 1 lb total
- 1 tsp kosher salt 1/2 tbsp light olive oil
- 1/3 cup chopped shallots
- 2 cloves garlic, chopped
- 1 1/4 cups 6 oz diced butternut squash, 1/2-inch dice
- 1/2 cup fresh cranberries
- 2 tbsp pure maple syrup
- 1 cup baby spinach or kale
- 3 sage leaves, chopped
- 2 tbsp chopped pecans
- 1/4 tsp crushed black pepper
- 6 to 8 pieces cooking twine
- cooking spray

Instructions:

1. Heat a large skillet over medium-high heat and add olive oil. Add shallots and garlic and sauté over medium-low heat for 4-5 minutes, or until golden. Add butternut squash, cranberries, maple syrup and 1 tablespoon water and cover; cook on low for 10 minutes.
2. Remove lid and add kale, salt, sage, and pepper, cover and cook for another 3-4 minutes. Set aside to cool and mix in pecans.
3. Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. Season the inside and outside of the turkey with salt.
4. Stuff each turkey breast with about 3/4 cup of squash mixture. Cut cooking twine long enough to tie each breast with 3 to 4 pieces of twine. Cut off extra twine.
5. Preheat oven to 375 °F.
6. Heat an oven-safe skillet over medium-high heat, lightly spray with cooking spray. Carefully sear each turkey breast on each side about 2 minutes. Pour 1 tablespoon water into the skillet and cover tight with foil. (Or transfer to a baking dish and cover tight with foil). Cook in the center of the oven 25 minutes.
7. Allow to sit 5 minutes before cutting off twine and slicing each turkey breast in 4 slices. Spoon any pan juices over the turkey and serve.



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 October 2024's newsletter. Please share with your family and friends! As always, we love expanding our bariatric family. Contact Kiersten 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

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

Visit the Advanced Bariatrics Website



SCAN ME

Join the Facebook Support Group