

Who's Who in Health & Wellness



From left to right: Vanessa Manzo, MSN, FNP- C, Daniel Hoeltgen, MD, FACS, FASMBS, Hsin-yi Chang, MD, FACS, John Cherigi, MD, FACS, FASMBS, Kiersten Kern



Carmen Fotso-Kouatchou, MD



Amy Paulus, FNP-BC, FPA

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Advocate Good Shepherd's Hospital's Comprehensive Weight Management Program

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At Advocate Good Shepherd Hospital, we understand that achieving a healthy weight is about more than numbers on a scale—it's about improving overall health and quality of life. That's why we offer a **Comprehensive Weight Management Program** designed to meet the unique needs of every individual.

A Multidisciplinary Approach

Our program brings together a dedicated team of experts, including fellowship-trained bariatric surgeons, nurses, and registered dietitians. Working collaboratively, they provide personalized care and guidance to help each patient reach their goals safely and effectively. With ongoing check-ins and encouragement, we'll work together to build healthy habits that last, so you can feel your best and enjoy a healthier future.

Bariatric Surgery

For those considering surgical options, our bariatric surgery program is nationally recognized by the **Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP)** for meeting and exceeding national benchmarks in quality outcomes such as length of stay, complication rates, and readmissions. All procedures are performed by the expert team at **Advanced Bariatrics of Northern Illinois**, including Dr. Hsin-Yi Chang, Dr. John Cheregi, and Dr. Daniel Hoeltgen. Together, these highly skilled, board-certified surgeons are dedicated to delivering compassionate, personalized care and guiding you through every step of your weight-loss journey. Combined, our surgeons performed over 300 bariatric surgeries in 2024. Call 847-350-9564 to schedule a bariatric surgery consult at Advanced Bariatrics, or to learn more.

Medical Weight Management

Our medical weight management program provides a personalized approach to achieving a healthy weight through comprehensive care. Led by obesity-certified clinicians Dr. Carmen Fotso-Kouatchou and Nurse Practitioner Amy Paulus, we combine tailored nutrition counseling, behavioral support, and evidence-based strategies—including FDA-approved medications when appropriate—to help you build sustainable habits and improve overall well-being. With ongoing monitoring and expert guidance, we empower you to reach your goals safely and maintain long-term success.

Why Choose Advocate Good Shepherd?

- Accredited bariatric surgery program with outstanding quality outcomes
- Comprehensive support from a multidisciplinary team
- Personalized care plans tailored to your health and lifestyle

Ready to take the first step toward a healthier you?

Call **847-620-3893** or email **GSHP-WeightManagement@aah.org** to learn more.