

2019 HOLIDAY SCHEDULE

Digestive Health Specialists, PA will be closed on the following days in 2019.

Good Friday
April 19, 2019

Memorial Day
May 27, 2019

Independence Day
July 4, 2019

Labor Day
September 2, 2019

Thanksgiving
November 28, 2019
November 29, 2019

Christmas Day
December 25, 2019

New Year's Day
January 1, 2020

Serving the areas of:

- Winston-Salem
- Kernersville
- Advance
- Thomasville
- King

Contact our Appointment Coordinators:

Marsha (336) 397-5232
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ApptCoordinator@digestivehealth.ws

What's New at DHS?

CARING FOR YOU, CLOSE TO HOME

VOLUME 2019 ISSUE 2

FEBRUARY 2019

MARCH is COLON CANCER AWARENESS MONTH

In our efforts to promote the importance of early screening in the battle against colon cancer, we have begun to develop our campaign for Colon Cancer Awareness Month.

One major step is by our presence in the community through support and education. This is why we have decided to again pledge to the Colon Cancer Coalition and support their "Get Your Rear in Gear" 5K Walk/Run on Saturday, March 9, 2019. This event helps raise funds to invest back in the community for increase colon cancer screenings and save lives.

For Digestive Health Specialists, PA, this event is a way to support a cause we

strongly believe in and have our entire staff feel they are contributing to the larger picture.



2019 Colon Cancer Awareness 5K Run/Walk by the Colon Cancer Coalition.

For more information, to join our team **DHS**, or to support this great cause, visit: <https://bit.ly/2QSDzet>

To increase awareness through education, Digestive Health Specialists, PA has plans to also participate in health fairs across the Triad. Our goal is to decrease the stigma towards colonoscopies and to draw attention to the American Cancer Society's new stipulation on the minimum age for regular screenings. As of 2018, the "American Cancer Society recommends that people at average risk* of colorectal cancer start regular screening at **age 45.**"*

Keep a lookout for Digestive Health Specialists, PA's campaign for Colon Cancer Awareness.

New Blog Alert

A part of our continued commitment to improve the health of our communities is education. That is why we maintain an active blog section of our website, full of important and relevant topics; covering all aspects of the conditions we treat.

We invite you to

read our latest blog by **Elizabeth "Libby" Greenwood, PA-C** on all about Hemorrhoids, the symptoms, causes, and treatments.

Here is an excerpt: "Hemorrhoid treatment always includes a high fiber diet. Plenty of fruits and vegetables throughout the day can usually give you

enough fiber. The goal is to get 20 to 35 grams of fiber daily."

To read the entire article, "Hemorrhoids: Symptoms, Causes and Treatment" visit the link: <https://digestivehealth.ws/hemorrhoids-symptoms-causes-and-treatment/>

Digestive Health Specialists, P.A.

Colon Cancer Prevention Center

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Winston-Salem, NC 27103

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Suite F & G
Kernersville, NC 27284

434 Kirby Rd.
King, NC 27021

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Suite A
Thomasville, NC 27360

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Suite 100
Advance, NC 27006

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**CARING FOR YOU,
CLOSE TO HOME**

*We see clinic patients
and perform procedures
in all our locations – all
GI services in one place,
no traveling needed for
our patients!*

**We perform the
following procedures in
our procedure centers:**

- Colonoscopy
- Endoscopy
- Flexible Sigmoidoscopy
- Push Enteroscopy
- Wireless Capsule
Endoscopy

**Our clinics treat the
following conditions**

- Acid Reflux
- Barrett's Esophagus
- Celiac Disease
- Colorectal Cancer
- Constipation
- Crohn's Disease
- Diarrhea
- GERD
- Hemorrhoid/
Hemorrhoid Bandings
- Hepatitis
- Irritable Bowel
Syndrome
- Liver Cirrhosis
- Ulcerative Colitis
- And More

GET TO KNOW

At Digestive Health Specialists, PA we have providers and physician's assistants available to help your patients with their digestive needs. To feel more at home with who we are, we want to introduce you to each of them.



Murat Akdamar, MD
Thomasville & Winston-Salem

We begin with Dr. Akdamar who has a wide understanding of the needs

related to GI, with a focus on prevention of liver and pancreatobiliary disorders. He has experience in both hospital and office settings.

He was born and raised in New Orleans, Louisiana and it was here where he received his medical degree from Tulane University of Medicine. His Residency and Fellowship in Gastroenterology were completed at the University of Alabama in Birmingham. He has been practicing since 2006.



Spencer Martin, PA-C
Kernersville & Winston-Salem

Join us in welcoming Spencer Martin, PA-C to Digestive Health Specialists!

Spencer joined our practice in July of 2018 and now is seeing patients in our Winston-Salem and Kernersville clinics. Spencer's clinical interests include esophageal disorders, reflux disease, IBS, and biliary/pancreatic diseases.

To learn more about Dr. Akdamar, Spencer, or any of our other providers, visit our website <http://digestivehealth.ws> under "Meet Our Providers."