

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
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What's New at DHS?

CARING FOR YOU, CLOSE TO HOME

VOLUME 2019 ISSUE 4

APRIL 2019

IBS: The Good, the Bad, and the Ugly

For April, we would like to focus on a disorder that is both common and incurable, Irritable Bowel Syndrome (IBS). This disorder affects **10-15%** of the US population; that equals 32 million Americans. But of these, **only 15%** actually seek treatment. It is also a disorder that affects **women twice as much as men**; those diagnosed are relatively young since **50% of patients** present before the age of 35.

Why is it so important for this disorder to be diagnosed and treated? Along with it being the most diagnosed gastrointestinal condition, it is also the second highest cause of work absenteeism (after the common cold) and there are increased healthcare

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

April Brings Double the Blogs

In the last couple of weeks, there has been another cancer that, unfortunately, has been thrust into the spotlight. Because of this, Dr. Akdamar has chosen to focus his blog this month on **Pancreatic Cancer: What you need to know.**

costs with some studies suggesting annual direct and indirect cost of up to 30 billion dollars.



What is IBS and what causes it? It is a function bowel disorder that is predominately characterized by chronic abdominal pain and/or discomfort. It also includes altered bowel habits that persist for at least 3 months and are not triggered by other organic diseases. The causes of IBS are not well understood,

although researchers believe a combination of physical, dietary, and mental stress can lead to and exacerbate IBS.

Now, what should you look for to see if it is IBS? There are different criteria, since there are 4 types of IBS, but look for a pattern in the symptoms over time. Since IBS is a chronic disorder, it lasts a long time, often years. However, the symptoms may come and go. To be sure, the best approach is to contact a gastroenterologist who will look over symptoms, history, and signs of alarm that can direct them to the correct diagnosis. For more information, visit: <https://digestivehealth.ws/our-services/conditions-we-treat-under-IBS>.

You can read his article at the following link: <https://digestivehealth.ws/pancreatic-cancer/>

In addition, since it is IBS Awareness Month, Justine Unruh, PA-C, who has a particular interest in this disorder, will close out the

month with her overview on IBS. You can read her article titled **Feeling irritable from your IBS?** at the following link: <https://digestivehealth.ws/feeling-irritable-from-your-ibs/>

Digestive

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 Colon Cancer Prevention Center

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.



Marcum Gillis, MD
King & Winston-Salem

Dr. Gillis joined Digestive Health Specialists, PA in 2014, since he began

practicing medicine. His clinical interests include IBD, hepatobiliary disease, and GI motility disorders in addition to colon cancer prevention.

Originally from Charlotte, he has spent the last 10 years in the Winston-Salem area. He earned his Bachelor of Science in Biology and his Doctorate of Medicine at Wake Forest University, also completing post graduate training at the Wake Forest University Medical Center.



Stevi Barrett, PA-C
FMC Hospitalist

Stevi Barrett, PA-C is another one of our physician's assistants at Digestive Health

Specialists, PA. She joined our practice in August of 2017. Her clinical interest include esophageal disorders and pancreatic disease, primary in the hospital setting.

Stevi is a certified physician assistant, a member of The American Academy of Physician Assistants, The North Carolina Academy of Physician Assistants, and The Piedmont Association of Physician Assistants.

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