

## 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  
July 5, 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  
Stacy (336) 397-5255  
ApptCoordinator@digestivehealth.ws



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# What's New at DHS?

CARING FOR YOU, CLOSE TO HOME

VOLUME 2019 ISSUE 6

JUNE 2019

## June is Men's Health Month

Gas, Constipation, GERD, Colon Cancer. What do these things have in common?

1. They are all digestive conditions or disorders.
2. They are digestive conditions common in men. And since June is Men's Health Month, we thought to bring attention to these disorders. So, what are these conditions? What are the treatment options?

**Gas:** air that builds up in the digestive tract. When this air is passed through the rectum it is flatulence. When the air passes through the mouth, this is belching or burping. People who swallow more air or eat certain foods may be more likely to have gas. To reduce or prevent gas and gas symptoms you can swallow less air, quit smoking, change diet, and take over-the-counter medicines.

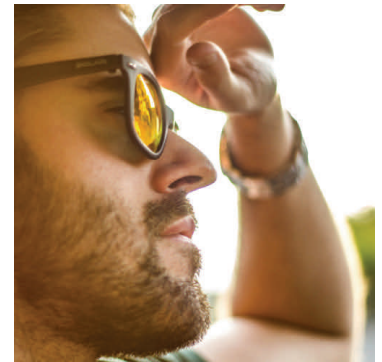
\*Information for this article was taken from: <https://www.niddk.nih.gov/health-information/digestive-diseases>

## Diverticulosis or Diverticulitis

Diverticulosis and diverticulitis have been the cause of confusion for a lot of patients, especially if they experience stomach pain. That is why our June blog by Gregory Barton, PA-C titled "Diverticulosis/diverticulitis: Fiction and Nonfiction" will clear up some of this confusion

**Constipation:** a condition in which a person has fewer than 3 bowel movements a week or has bowel movements with stool that are hard, dry, and small, making them painful or difficult to pass. There are various reasons that can lead to constipation, including, but not limited to age, low-fiber diet, and certain medications. Treatment for constipation can be a change in diet, physical activity, and over-the-counter medication.

**GERD:** when stomach content flows back into the esophagus. When this content, which contains stomach acid, touches the esophagus, you get heartburn (a symptom of GERD). Heartburn that occurs more than 2 times a week for a few weeks can be GERD. To treat GERD, some options are a lifestyle change, keeping



head elevated when sleeping, stop smoking, and if symptoms are persistent, medication.

**Colorectal Cancer:** cancer in the colon or rectum. This disease can be prevented through regular screenings with colonoscopies, which can remove polyps before they develop into cancer. To prevent polyps lifestyle changes are recommended, such as physical activity, higher fiber intake, weight loss.

To see what additional conditions we treat, visit: [Conditions We Treat](#)

and also any misconceptions associated with the disease.

He also answers a few common questions such as:

- **How do diverticula develop?**
- **What is the cause of diverticulitis?**
- **What about the pains that come and go in**

**people diagnosed with diverticulosis?**

- **Is it a flare of diverticulitis?**
- **What about seeds and nuts?**  
(The MOST common question)

Do not miss out on the answers you are looking for in:

["Diverticulosis/diverticulitis: Fiction and Nonfiction"](#)

# Digestive

## Health Specialists, P.A.

Caring for You, Close to Home.

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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

*This month we will not be offering the "Get to Know" segment of our newsletter because we want you to take the time to watch each provider's video interview. Getting to know them will help in your referral process. If you have not had a chance to watch the videos, you can visit their profiles at <https://digestivehealth.ws/meet-our-providers/>. Just click on the specific physician, and scroll down to their video.*

*The videos are also on our YouTube channel; you can subscribe and be notified on any new videos uploaded. Visit our YouTube page at [Digestive Health Specialists, P.A.](#)*

## DHS will be closed on both July 4th and July 5th.

To thank our staff and show how much we appreciate their work, Digestive Health Specialists, PA will be closed on Thursday, July 4th and Friday, July 5th. If you need assistance in scheduling an appointment, feel free to reach out to one of our Appointment Coordinators at [ApptCoordinator@digestivehealth.ws](mailto:ApptCoordinator@digestivehealth.ws) for immediate assistance.

**Thank you for your understanding and we hope this does not cause any inconvenience!**

## Ratings and reviews

Ratings and reviews have become a staple in life and especially when looking for healthcare. These reviews inform our decisions when choosing a provider for our families and ourselves. For individual provider reviews, the most well-known page is HealthGrades.

Check our HealthGrades page here: [Digestive Health Specialists, P.A.](#)