

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 24, 2019
- Closing IPM
December 25, 2019
December 26, 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



VOLUME 2019 ISSUE 9

SEPTEMBER 2019

Hispanic Heritage Month

Since 1988, September 15 to October 15 is dedicated as Hispanic Heritage Month. This month is used to celebrate the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, Central, and South America. Although it encompasses just 4 geographic areas it includes 21 countries.

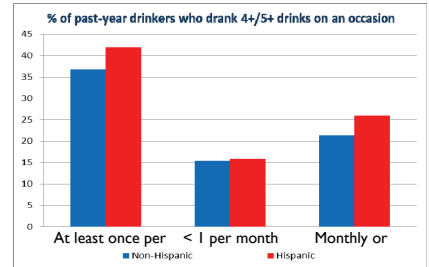
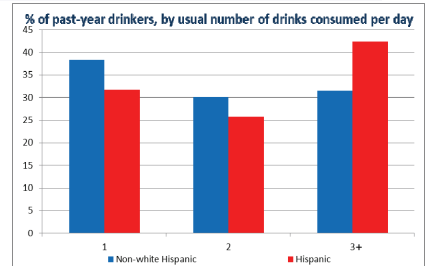
- Argentina
- Belize
- Bolivia
- Chile
- Colombia
- Costa Rica
- Cuba
- Dominican Republic
- Ecuador
- El Salvador
- Guatemala
- Honduras
- Mexico
- Nicaragua
- Panama
- Paraguay
- Peru
- Puerto Rico
- Spain
- Uruguay
- Venezuela

Each country is unique in culture, food, music. They

also have many similarities, such as the language spoken, Spanish and unfortunately, the diseases that affect this group.

A particular digestive condition that affects the Hispanic community is liver disease. Based on the CDC, Hispanics are about 50% more likely to die from diabetes or liver disease than whites. Of these, Mexicans are nearly twice as likely to die from chronic liver disease and cirrhosis as whites.*

Why? Research shows that drinking patterns among Hispanics are different from those of non-Hispanic Whites and other ethnic or racial groups. Although overall Hispanics are less likely to drink than non-Hispanic whites, those who choose to drink are more likely to consume



higher volumes of alcohol.#

And the consequences are severe. What factors contribute to the high incidences of liver disease in the Hispanic population? Environmental, genetic, and behavioral factors, as well as socioeconomic and health care disparities. For more information, see the article

[Hispanic Heritage and Liver Disease](#)

*<https://www.cdc.gov/vitalsigns/hispanic-health/index.html> #<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-and-hispanic-community>

September 13: National Celiac Disease Day

Celiac Disease is an autoimmune disease that affects almost 3 million Americans.

Since September 13 is National Celiac Disease Awareness Day, Dr. Prasad dedicated her blog to the condition. She answers some of the most common questions,

such as:

- What is Celiac Disease?
- What is gluten?
- What are the symptoms?
- How do I get diagnosed?
- How can I know I have it?

Read the article titled simply: [Celiac Disease](#)



"No bread for Grampa. He's on a gluten-free diet."

Digestive

Health Specialists, P.A.

Caring for You, Close to Home.

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Kernersville, NC 27284

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King, NC 27021

137 Mt. Calvary Rd.
Suite A
Thomasville, NC 27360

112 Kinderton Blvd.
Suite 100
Advance, NC 27006

Main Phone Line: 336-768-6211

E-mail: ApptCoordinator@digestivehealth.ws

Access the [Referring Physician's Satisfaction Survey here.](#)

 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

Provider September Anniversaries!

We celebrate our providers for their many years of service to Digestive Health Specialists, PA.



Dr. Prasad
4 YEARS



Greg Barton, PA-C
17 YEARS



Justine Unruh, PA-C
2 YEARS

Saturday Appointments: Back by popular demand



September 14
September 28

Our Thomasville Procedure Center will be open on the Saturdays listed above!

Call us today to schedule: (336) 768-6211

By appointment • For procedures ONLY

Our August Saturday appointments were filled so quickly we saw the need to bring them back for September. Remember, these appointments are for **procedures ONLY**.

They are available on a first-come, first-serve basis. Call our main office line and our schedulers will let you know what times are still available. For more information, see the article: [No more excuses for putting off your colonoscopy](#)