

## 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 1PM  
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



# What's New at DHS?

## CARING FOR YOU, CLOSE TO HOME

VOLUME 2019 ISSUE 11

NOVEMBER 2019

## Pancreatic & Stomach Cancers

With Alex Trebek announcing that he is undergoing another round of chemotherapy for his pancreatic cancer, and since November is Pancreatic Cancer Awareness Month, we thought to highlight some facts and figures about this aggressive cancer, provided by Dr. Akdamar in his blog released in April.

### Facts you should know:

- Pancreatic cancer affects about 55,000 people a year in the United States
- It accounts for 7% of all cancer deaths
- Treatment typically includes surgical resection if the tumor is detected before it has invaded other surrounding structures. Chemotherapy also is a part of the treatment course.
- Only approximately 15% of people who are diagnosed are candidates for surgical

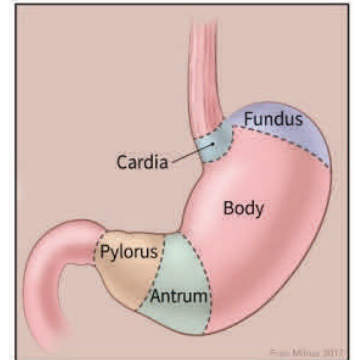
resection. Of those, 85% have a recurrence within 2 years.

- It is considered such a devastating disease because only 3-6% of all patients diagnosed survive 5 years. So, early detection is KEY.

Read Dr. Akdamar's blog on [Pancreatic Cancer](#).

### What about Stomach

**Cancer?** Stomach Cancer, also known as gastric cancer, develops slowly. And although there are pre-cancerous changes that can occur in the inner lining of the stomach, these rarely cause symptoms. Another difficulty is that the stomach is divided into 5 areas: **Cardia, Fundus, Body (corpus), Antrum, and Pylorus**. Depending on which area the cancer is located, the symptoms and outcomes are different. The location can also affect treatment options.



### A few key statistics#

#### on Stomach Cancer are:

- More than 27,000 stomach cancer cases will be diagnosed this year: 17,000 in men and 10,000 in women.
- Over 11,000 people will die from stomach cancer.
- The average age for diagnosis is 68.
- 60% of people diagnosed with stomach cancer are 65 or older.
- More common in Hispanic Americans, African Americans, Native Americans, and Asian/Pacific Islanders.

\*<https://www.cancer.org/cancer/stomach-cancer/about.html>

#<https://www.cancer.org/cancer/stomach-cancer/causes-risks-prevention/risk-factors.html>

## Ranitidine (Zantac) Recommendation

In the last few weeks, we have received calls from patients asking about the FDA statement regarding ranitidine, commonly known as Zantac. We are also sure you have received comments and questions regarding this as well. So, what is the major concern regarding this

medication?

The biggest concern is that low amounts of NDMA, a carcinogen, have contaminated the medication. Even though the amounts are similar to what can be found in water and food, large amounts of NDMA are harmful. To better help patients in their decision

of whether to continue taking this medication or not, our providers have offered their recommendation in the article below:

[Ranitidine \(Zantac\) Provider Recommendation](#)

Read the FDA statement below: [FDA Statement](#)

# Digestive

## Health Specialists, P.A.

Caring for You, Close to Home.

2025 Frontis Plaza Blvd.  
Suite 200 & 210  
Winston-Salem, NC 27103

280 Broad St.  
Suite F & G  
Kernersville, NC 27284

434 Kirby Rd.  
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](mailto: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 November Anniversaries!



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

Dr. Winter is the Medical Director and Pathologist at our in-house pathology laboratory. Learn more about what is done at our laboratory here: [Pathology Laboratory](#)

**Dr. Jerald Winter - Pathologist**  
**1 YEAR**

## 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.



**Charles Katopes, MD**  
Kernersville

Dr. Katopes has been practicing gastroenterology since 2007. His main areas of interest are Liver/Hepatitis, IBD, IBS and Biliary/Pancreatic diseases.

He grew up on Long Island, NY, getting his BA from Binghamton University and his medical degree from SUNY - Downstate Medical Center in New York. He completed his residency at Brown University in Rhode Island.



**Gregory Barton, PA-C**  
King, Thomasville &  
Winston-Salem

Gregory Barton has been with Digestive Health since 2002, making him our senior physician assistant. He also has extensive experience caring for patients with chronic liver disease.

He earned his Bachelors degree from Biola University in California. He also has a nursing degree from Mt. San Jacinto Community College, then completing the PA program at Wake Forest.

To learn more about Dr. Katopes, Greg, or any of our other providers, visit our website under "[Meet Our Providers.](#)"