

## 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  
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# What's New at DHS?

## CARING FOR YOU, CLOSE TO HOME

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DECEMBER 2019

## Dysphagia leads to distress during holidays

The holidays have arrived and so have family and friends. Most of the activities during this time revolve around the dinner table. But for some people this can cause distress. Why? Because they have difficulty swallowing; this can lead to a choking feeling or a strangling sensation. This is dysphagia.

There are two types\* of dysphagia:

1. Oropharyngeal dysphagia: where you have difficulty when starting to swallow.
2. Esophageal dysphagia: the sensation of food being stuck in the neck or chest.

Now, understanding the symptoms of the patient is important since each type of dysphagia has a different diagnostic test.

The causes of dysphagia can also be divided into two categories.

\*<https://gi.org/topics/dysphagia/>

## Stomach Cancer Awareness Comes to a Close

Last month we discussed some key statistics about Stomach Cancer. To conclude Stomach Cancer Awareness Month (November) we want to highlight the 12 main risk factors, which will help you see if this is a condition to discuss with your patients.

1. Neuromuscular: involving the nerve or muscle
2. Structural: where the esophagus is either narrowed or compromised.

The diagnosis of dysphasia is processed through three steps.

1. The patient: discussing with a patient their symptoms and family history can help understand if they have oropharyngeal or esophageal dysphagia.
2. Neurology: this is used to identify specifically oropharyngeal dysphagia and see which

nerves and muscles might be abnormal.

3. Endoscopy: with a tiny endoscope through the nose, the gastroenterologist can physically examine the response of the throat when swallowing.

You can continue to learn about this condition in December's blog, including the video of Dr. Rajan speaking at the Walnut Cove Senior Center.

[Trouble Swallowing? It Can Be Dysphagia](#)



### Risk Factors:

- Race
- Diet
- Obesity
- Smoking
- Alcohol
- Occupational exposures
- Helicobacter pylori
- Epstein-Barr virus
- Gastric Surgery

- Abdominal Radiation Exposure
- Ulcers
- Atrophic Gastritis (pernicious anemia)

So, to see what these factors entail and the symptoms of this disease, read Dr. Jue's blog titled

[Stomach Cancer and Your Risk Factors](#)

# Digestive

Health Specialists, P.A.

Caring for You, Close to Home.

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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

## Holiday Hours

Our holiday hours this year will be as follows:

**December 24** - Christmas Eve: we will be closing at 1PM

**December 25** - Christmas Day: Closed

**December 26** - Day after Christmas: Closed

Thank you for your understanding  
and for another great year!  
We appreciate you!  
**Happy Holidays!**

## Complete Social Media Coverage



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Did you know that you can follow what is know with Digestive Health Specialists, PA on social media? We are now available across the most popular social media platforms: Facebook, Instagram, Twitter, LinkedIn, and YouTube.

**Let's get & stay connected!**