

## 2020 HOLIDAY SCHEDULE

We will be closed  
the following days:

Good Friday  
April 20, 2020

Memorial Day  
May 25, 2020

Independence Day  
July 3, 2020

Labor Day  
September 7, 2020

Thanksgiving  
November 26, 2020  
November 27, 2020

Christmas Day  
December 25, 2020

New Year's Day  
January 1, 2020

Serving the areas of:

- Advance
- Kernersville
- King
- Thomasville
- Winston-Salem

Contact our  
Appointment  
Coordinators:  
Marsha (336) 397-5232

Stacy (336) 397-5255

ApptCoordinator@digestivehealth.ws



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## New Year's Resolutions for 2020

It is that time of year where people look to last year and contemplate what they did not accomplish. Because of that, they decide to make resolutions; to stay on track for the upcoming year. Now, did you know that 80% of resolutions fail? Most people lose their resolve around mid-February. **Why?** Many people have different opinions, but it can be broken down to 5\* basic reasons:

- Expectations were not realistic
- Resolutions were not properly defined
- Did not have the right mindset
- Time management skills
- Distractions

So, how can you be successful in your new year's resolution? Below is a list<sup>#</sup>

from the American Psychological Association of 5 ways you can stick to your resolutions:

For more details on these 5 steps that can lead to being successful in 2020,



[Video showcasing the 3 most popular resolutions](#)

1. Start small
2. Change ONE behavior at a time
3. Talk about it
4. Don't beat yourself up
5. Ask for support

you can visit the article on the blog section of our website titled:

[New Year's Resolutions](#)

## Resolutions for Your Digestion

When choosing a New Year's Resolution, few people decide to focus on their digestive health, but improving your digestive health will impact your overall health. What are some simple things you can do? Anthony Pleasant, PA-C dedicated his January blog to this.

He gives us five options that may seem simple but

can have lasting effects. He also explains how these affect our digestion.

1. Increase Your Activity
2. Eat More Foods
3. Get Plenty of Sleep
4. Maintain a Healthy Mental State
5. Consider a Probiotic Supplement

Whether we realize it or not, many of the choices we make daily are tied

directly to our digestive health. So, by taking care of your gut, you are taking care of yourself.

We will follow up with everyone in the future to see your successes and struggles in the path to a healthier life. In the meantime, there are more details on Anthony's blog linked below:

[Resolutions for Your Digestive Health](#)

\* <https://www.psychologytoday.com/us/blog/understand-other-people/201512/5-reasons-why-new-year-s-resolutions-fail>  
# <https://www.apa.org/helpcenter/resolution>

# 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!

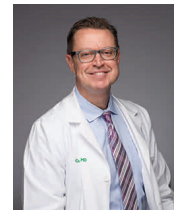
#### Procedures:

- Colonoscopy
- Endoscopy
- Flexible Sigmoidoscopy
- PEG
- EUS
- ERCP
- Esophageal Dilation
- Hemorrhoid Removal
- 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
  - Hemorrhoids
  - Hepatitis
  - Irritable Bowel Syndrome
  - Liver Cirrhosis
  - Ulcerative Colitis
- And More

As of January 2020, two of our physicians will be seeing patients at additional locations. We are happy to announce that Dr. Katopes has returned to Winston-Salem, in addition to seeing patients in Kernersville. Dr. Prasad will now be seeing patients in Kernersville in addition to Winston-Salem. **They are willing and waiting to see your referrals!**



Dr. Katopes



Dr. Prasad

## 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.

**We are also taking this opportunity to feature our providers with January Anniversaries!**



**Dr. Vestal**  
2 YEARS

Thomasville & Winston-Salem

Dr. Ramya Vestal has presented at national conferences and co-authored publications in medical journals. Her clinical interests include inflammatory bowel disease, liver diseases, colon cancer screening, and general gastroenterology.

She grew up in Columbus, Georgia and received her Bachelor of Science from the University of Georgia. She received her Doctor of Medicine from the Medical

College of Georgia, completed her Internal Medicine Residency at the University of California and a Gastroenterology Fellowship at the University of New Mexico.



**Meredith Williams, PA-C**  
6 YEARS  
FMC Hospitalist

Meredith received her Bachelor of Science degree in Biology from the University of North Carolina at Chapel Hill, with minors in both Latin and Chemistry. In May of 2012, she completed her Masters of Medical Science degree in Physician Assistant Studies at Wake Forest University School of Medicine. She is a Board Certified Physician Assistant and has practiced in Gastroenterology since graduation. Meredith enjoys Gastroenterology and has a special interest in IBS.

To learn more about Dr. Vestal, Meredith, or any of our providers, visit our website under **[“Meet Our Providers.”](#)**