

2020 HOLIDAY SCHEDULE

We will be closed
the following days:

Good Friday
April 10, 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

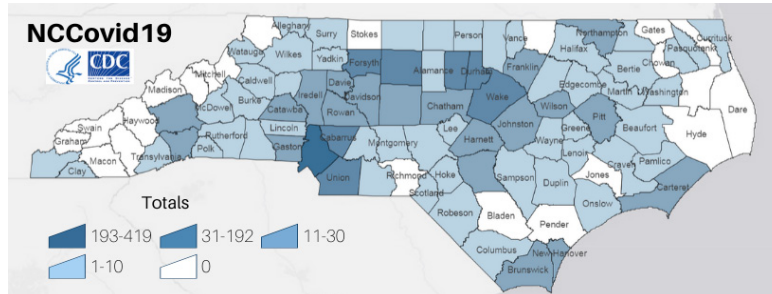
ApptCoordinator@digestivehealth.ws



VOLUME 2020 ISSUE 16

APRIL 2020

COVID-19 and Digestive Health Specialists' Procedures



The COVID-19 pandemic is truly without comparison. For medical professionals, this time is even more difficult. Between providing care to our patients and keeping everyone as safe as possible, our jobs have become even more precarious. To be able to accomplish both Digestive Health Specialists will provide three care path options.

- **In-Person Visits**
- **Video Visits**
- **Telephone Care**

Our providers will take the time to review their upcoming

patient appointments and decide which of these three options is the best option for each particular patient, based on the patients' needs and technological capabilities.

If they decided that the best care for patients is an in-person visit, we will take extra precautions to protect both patients and staff.

For more information on the steps we will be taking, please visit our blog titled:

[COVID-19 Update 3/23/2020](#)

We also remain committed to the communities surrounding

Winston-Salem, but during this time any colonoscopy or EGD will be performed at our **Winston-Salem ASC**. This allows for the overall safest setting and the most efficient use of supplies, a focus of all medical professionals in this crucial time. Non-essential or not-critical procedures will be moved to a later date.

We look forward to continuing to care for your patients.

We encourage you to visit our page:

[Digestive Health Specialists' Response to Coronavirus \(COVID-19\)](#)

where we will be updating any changes in how we are handling the COVID-19 outbreak.

Irritable Bowel Syndrome (IBS) Top Complaint for GI

One of the most common conditions seen by a gastroenterologist is Irritable Bowel Syndrome (IBS.) It accounts for 25-50% of referrals to GI practices. What are the most commonly asked questions about this condition? Spencer Martin, PA-C answers some of them in his April blog titled

[Understanding Irritable Bowel Syndrome \(IBS\)](#)

Some of the questions he answers in the blog are:

- **What is Irritable Bowel Syndrome (IBS)?**
- **What causes IBS?**
- **How do I get tested for IBS?**
- **How is IBS treated?**
- **When should I see a gastroenterologist?**

One of the things Spencer highlights are FODMAPs. For patients with mild, infrequent IBS symptoms lifestyle and diet recommendations are normally recommended. FODMAP stands for "fermentable oligo-, di-,

mono-saccharides and polyols." These are types of carbohydrates found in certain foods. Studies have shown strong links between FODMAPs and digestive symptoms. So, low-FODMAP diets can provide remarkable benefits for people with common digestive disorders. You can see examples of FODMAPs in the blog.

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

Email: 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



Provider April Anniversaries!

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

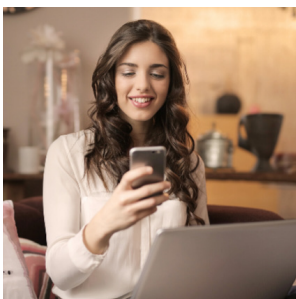
Charles Katopes, MD
13 YEARS

We NOW Offer TELEHEALTH

GI issues affect all aspects of our lives, and to better serve you in these difficult times, Digestive Health Specialists is providing options for safe care. These options are an alternative to be able to treat our patients during these coming months.

There will be 2 options:

Video Visits:



This provides face-to-face encounters for patients and the providers while not being in the same place. The patient must have certain equipment in order to be able to have a video visit and they are prescreened for this equipment prior to making the appointment.

Telephonic Visits:



This is exactly what it sounds like as the provider will call the patient on the phone and complete the visit.

We hope to continue to serve your patients using these new options!