

### 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



## The World Stopped... We Have Not

As North Carolina slowly moves to be fully open, Digestive Health Specialists wants to make sure our patients and our referring physicians know the steps we have taken to ensure our patients' health and safety.

- Video and telephone visits available and encouraged
- Telephone check-in available
- Redesigned waiting areas to allow for social distancing
- Patients allowed to wait in cars until they are called back
- All employees temperature checked daily
- All employees must wear masks
- We require all patients to wear masks
- Enhanced terminal cleaning of rooms after each patient

## Men & Their Health

We always hear that men are notoriously bad patients. They avoid going to the doctor, skip recommended screenings, and generally practice riskier behavior that affects their health. Is there something we, as medical professionals, can do to reverse this trend?

One of the ways we combat doctor avoidance is through education\*. Providing patients with the necessary information to make informed decisions, helps them feel in control of their diag-

encounter

- HVAC filters throughout building and UV air purifiers in each procedure room
- Follow up checks with each patient undergoing procedures at 7 and 14 days

Another way we want to help our patients stay healthy is by providing practical information that can help them cope with these stressful times. Stress, anxiety, sadness, depression, and others can cause digestive issues to come to the surface. Managing symptoms will keep them on track to manage their conditions. That is why we will be providing a series of articles and videos titled:

**The world stopped, but your health needs have not**

nosis, their condition, and their overall health.

This month we want to bring attention to men's health. Why? June is Men's Health Month and while some GI conditions mainly affect women, we understand some conditions affect men. What are these conditions? Our blog titled:

**Top 5 Digestive Problems that Affect Men**

lists these conditions and what the patient can do to improve.

The first article in this series, from Dr. Vestal, is:

**IBD: Nutrition and Lifestyle**

We encourage you to visit the "Our Blog" section of our website, our YouTube page, and follow us on social media to see what's new.

*If there are any conditions we have not covered that you would like information on, please let us know. Or, if there are any conditions we have covered, but you would like additional information, we would be happy to set-up a meeting between your physician and ours.*

We also want to make sure that all our patients, regardless of gender, receive excellent care; that they feel they have received enough time with their provider and that they received full explanations in terms they understand.

With these steps, we hope to see more men seeking medical care and taking control of their health.

\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1121551/>

# Digestive

Health Specialists, P.A.

Caring for You, Close to Home.

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

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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](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

## Provider June Anniversaries!

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



**David Ramsay, MD, AGAF**  
8 YEARS



**Ashley Long, PA-C**  
12 YEARS

## Referring Physician Satisfaction Survey

At the core of our success as a practice are the relationships we have developed, with the practices that refer patients to us. We want to make sure we take care of you and your patients and promptly provide you with the information you need. The best way we can learn about what we are doing well and where there is room for improvement is by getting your feedback.

Feel free to let us know what you think in our:

**[Referring Physician Satisfaction Survey.](#)**

*As a reminder, we will be closed on Friday, July 3rd, 2020 in observance of Independence Day.*