

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



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Self Care = Preventive Care

For many people during this time, self-care has become a priority. Doing activities, such as going to the hairdresser or nail salon, are a necessary step in taking care of their emotional and/or mental health.

Our providers at Digestive Health Specialists want patients to understand that self-care also includes physical care, taking care of your insides; this includes preventive care. That is why a few of our providers recorded advice and tips for the community.

Highlights:

- Do not neglect your health because while the pandemic is temporary, what you do

To see more of the messages our providers have for their patients and the community, visit our [Youtube Page](#).

IBD & Other GI Conditions During COVID-19

Last month we introduced you to our new campaign **The World Stopped, but Your Needs Have Not** that started with Dr. Vestal's article highlighting the importance of nutrition and lifestyle when dealing with IBD. Her advice to IBD patients includes,

- Take this time to help yourselves by eating healthy and increasing our physical activity, which, in addition to helping manage your IBD as explained above, also releases endogenous endor-

phins that are long-lasting.

- Continue social distancing and handwashing.
- In times of isolation, it is important to reach out to friends and family.
- DO NOT DELAY SEEKING CARE

Self-care may seem like a simple concept in theory, but in reality, it's something many people often overlook. It could be because they may think it is an indulgence, selfish, or time-consuming, but good self-care is key to improved mood and reduced anxiety. So let yourself and patients know that they cannot delay in taking care of themselves, from the inside out.



[Dr. Christopher Jue](#)



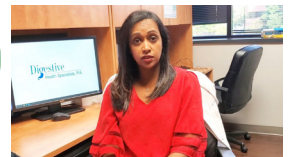
[Dr. Victor Sears](#)



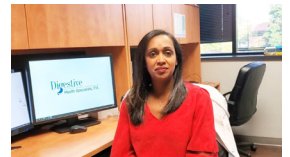
[Dr. David Ramsay](#)



[Margaret Bozdech, PA-C](#)



[Colon Cancer During the Pandemic](#)



[Staying Health During the Pandemic](#)



[What to Consider with IBD and a Pandemic](#)

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

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

Don't forget to submit your satisfaction survey for 2020 at the link:
[Referring Physician Satisfaction Survey](#)

GET TO KNOW

At Digestive Health Specialists, PA we have providers and physicians 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.



Dr. Sears
Kernersville & Winston-Salem

Dr. Sears in our senior provider at Digestive

Health Specialist, with 24 years dedicated to our patients. His clinical interests include GERD, IBS, Liver/Hepatitis, Inflammatory Bowel Disease, and Colorectal Cancer Prevention.

Born in Pennsylvania, but raised in Oregon, Dr. Sears received a BS from Lewis and Clark College in Portland, Oregon. He received his MD from WFU Baptist Medical Center, where he also completed his internal medicine residency. He completed his Gastroenterology fellowship at the University of North Carolina – Chapel Hill in 1996.



Dr. Prasad
Kernersville & Winston-Salem

Dr. Apsara Prasad began practicing at our

offices in the fall of 2015 coming from practice in Maryland. She is a strong advocate for colon cancer prevention. Her clinical interests include treatment of IBS, Celiac Disease, Pancreatitis, and Peptic Ulcer Disease.

She received her Doctorate of Medicine and graduated Cum Laude from the University of Debrecen Medical and Health Science Center. She then completed her Residency and Fellowship in Gastroenterology at Nassau University Medical Center in East Meadow, NY.

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