

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 Eve
December 24, 2020

Christmas Day
December 25, 2020

New Year's Day
January 1, 2021

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 Facts About Diarrhea

Last month we covered [constipation](#), a common condition diagnosed by a gastroenterologist; this month, we wanted to go over the other end of the spectrum, diarrhea. Although common as well, it is also one of the most misused terms by patients. What are the facts about diarrhea? Dr. Jue dedicated the October blog on this condition.

Diarrhea can be divided into three categories: osmotic, secretory, and complex.

- **Osmotic diarrhea:** Osmotic diarrhea is due to the ingestion of poorly absorbed substances: sugars, sugar alcohols, or medications. These substances will draw water into the GI tract leading to

the excess of fluid in the GI tract. A common type of osmotic diarrhea is lactose intolerance. The lactose sugar cannot be absorbed, which causes diarrhea. Avoiding these substances or fasting will usually resolve diarrhea.

- **Secretory diarrhea** Secretory diarrhea is due to the secretion of chloride or bicarbonate, or the poor absorption of sodium. A common cause of secretory diarrhea is infection. Infectious agents affect the receptors in the intestines, causing this abnormal secretion. Fasting does not affect diarrhea in this situation.
- **Complex Diarrhea**

It would be great if diarrhea is limited to pure osmotic or secretory causes, but unfortunately, the majority of causes of diarrhea are a combination of several different mechanisms. It can include hormones, the immune system, and neural changes. As an example, inflammatory bowel disease, irritable bowel syndrome, malabsorptive syndromes, and pancreatic insufficiency.

For more facts on diarrhea and to see when to send a patient to see a gastroenterologist, visit the blog titled:

[The Real Facts on Diarrhea](#)

With Schools Opening...

On September 17, 2020, Governor Roy Cooper announced that school districts could reopen elementary schools for full-time, daily, in-person instruction beginning on October 5, 2020. For many parents, this is a welcome relief to a crazy year. It allows them to catch up on a lot of things that they have had to push aside.

One of the most common things set aside is healthcare. That is why we want to encourage parents to take this respite and get up-to-date on their screening exams. These

are important* because they can detect potential health disorders or diseases in people who do not have any symptoms. The goal is early detection and lifestyle changes or surveillance, to reduce the risk of the disease, or to detect it early enough to treat it most effectively.

A few of the most common screening tests# are:

- High Blood Pressure
- Cholesterol
- Pap Test
- Prostate Exam
- Mammography
- Colonoscopy

- Osteoporosis
 - Diabetes/prediabetes exam
- When to take these tests is based on the appropriate timing and frequency of all screening tests, age, overall health, and medical history.

We would be happy to help your patients check one more thing off their to-do list and get them scheduled for their colonoscopies; you can contact our Appointment Coordinators at the numbers on the left. Our calendar is open until the end of the year. We look forward to seeing your patients.

* <https://www.ncbi.nlm.nih.gov/books/NBK279418/>
<https://medlineplus.gov/healthscreening.html>

Digestive

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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!

Procedures:

- Colonoscopy
- Endoscopy
- Flexible Sigmoidoscopy
- Liver Biopsy
- PEG Feeding Tubes
- EUS
- ERCP
- Esophageal Dilation
- Hemorrhoid Removal
- Wireless Capsule Endoscopy

Our clinics treat the following conditions:

- Acid Reflux
- Anemia
- Barrett's Esophagus
- Celiac Disease
- Colorectal Cancer
- Constipation
- Crohn's Disease
- Diarrhea
- GERD
- GI Bleeding
- Hemorrhoids
- Hepatitis
- Irritable Bowel Syndrome
- Liver Cirrhosis
- Ulcerative Colitis

And More

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. Rajan
King & Winston-Salem

Born and raised in Western Maryland, Dr. Rajan received his Bachelor of Science degree from West Virginia University in 2004. Upon graduation, he attended medical school in England, where

he subsequently earned his Doctorate of Medicine in 2008 graduating magna cum laude.

He completed his internal medicine training and gastroenterology and hepatology fellowship at Nassau University Medical Center in New York, where he was also Chief Resident of the Internal Medicine Residency Program. Dr. Rajan has also completed a 4th Year Fellowship in Advanced Inflammatory Bowel Disease at the University of Maryland Medical Center in Baltimore, MD

His clinical interests include Crohn's disease, ulcerative colitis, irritable bowel syndrome, reflux disease, esophageal disorders, liver disease, and colorectal cancer prevention. Dr. Rajan has been practicing gastroenterology and hepatology since 2015.



Margaret Bozdech, PA-C
Thomasville & Winston-Salem

Margaret joined Digestive Health Specialists in July of 2019. A native of rural Illinois, she earned her Bachelors in Psychology from the University of Illinois-Urbana Champaign

in 2011. She completed her Masters in Physician Assistant Studies at Shenandoah University in Leesburg, VA. She is a fellow of the American Academy of Physician Assistants and the North Carolina Academy of Physician Assistants.

Her clinical interests include general GI, IBD, and liver disease.

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