

# WHAT'S NEW AT DHS?

## CARING FOR YOU, CLOSE TO HOME

VOLUME 2020 ISSUE 23

NOVEMBER 2020

### 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



## IBD is No Fun

Inflammatory Bowel Disease is a condition that involves chronic inflammation of all or part of your digestive tract. If the inflammation is long-lasting and includes sores, or ulcers, in the innermost lining of the colon and rectum, then the patient could have ulcerative colitis. If the inflammation is in the digestive tract lining, then the patient could have Crohn's Disease. Both of these diseases have overlapping symptoms, such as:

- Encompass diarrhea
- Fever
- Abdominal pain and cramping
- Blood in the stool
- Loss of appetite
- Unintended weight loss

## Family Health History Holidays

The holidays are a time when the family gets together. In today's world, this may be in person or through video chat. This is a time to catch up with what is happening in the family. It is a time to learn what is new and reminisce on the past. Why not encourage patients to take this opportunity to talk about their family health history?

Why is this important for Digestive Health Specialists? Because 1 in 3\* people who develop colon cancer have other family members who have had it. People with a history of colorectal cancer in a first-degree

### What are the risk factors for IBD?

- Age (most of the people diagnosed are under 30)
- Race or ethnicity (highest risk among whites and Ashkenazi Jewish descent)
- Family history
- Cigarette smoking
- Isotretinoin use (Accutane – used to treat acne)
- Nonsteroidal anti-inflammatory medications (ibuprofen, Aleve, etc.)
- Where you live (high risk in urban areas/industrialized countries)

### What are the causes?

The exact cause of inflammatory bowel disease is unknown. One possibility is an

immune system malfunction. When a virus, or bacterium, is being fought off by your immune system, an abnormal response would cause the immune system to also attack the cells in the digestive tract. Another possibility is stress, as it is also known to aggravate symptoms.

If you have a patient that could be suffering from these symptoms, it is important that they see a gastroenterologist. Although these diseases are unlikely to be fatal, they are serious and can cause life-threatening complications. You can share this information with your patients from our blog post for November titled:

### [IBD Is No Fun](#)

relative, whether a parent, sibling, or child, are at increased risk. The risk is even higher if that relative was diagnosed with cancer when they were younger than 50 or if more than one first-degree relative is affected. Having family members who have had adenomatous polyps is also linked to a higher risk of colon cancer. Adenomatous polyps are the kind of polyps that can become cancer.

The reasons for the increased risk are not clear in all cases. Cancers can run in the family because of inherited genes, shared environmental

factors, or some combination of these.

So, encourage your patients to talk about these important topics, no matter how awkward they may be, during this family time. Not only will they be informed about their screening needs, if one of your patients was diagnosed with adenomatous polyps or colorectal cancer, they can also inform their family. This will allow their family members to speak with their doctors and start screening at the right age. Early screening is essential, their colon will thank them!

\* <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>

# 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](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
- 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. We have finalized all of our providers.



**Dr. Ramsay**  
Thomasville & Winston-Salem

Dr. David Ramsay joined Digestive Health Specialists in 2012 after working in the Washington, D.C. area. He graduated with high honors from Wake Forest University

and obtained his medical degree from East Carolina University where he served as student council president.

His clinical interests include reflux disease and esophageal disorders, inflammatory bowel disease, irritable bowel syndrome, liver disease, and colorectal cancer prevention.

Dr. Ramsay serves on the Executive Committee of the National Board of Directors for the Digestive Health Physician Association and the Digestive Health Network. He was elected to be a fellow of the American Gastroenterology Association in 2020 and is a member of the American College of Gastroenterology. He is Board Certified in Gastroenterology.

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

*As a reminder, we will be closed on Thursday & Friday, November 26 and 27, 2020 for Thanksgiving and Black Friday.*

## New Testimonial



Learn about Shenell Thompson and why she decided to seek care at a gastroenterologist. Visit the testimonials section of our website at the link below:

[TESTIMONIALS](#)