

2021 HOLIDAY SCHEDULE

We will be closed the following days:

Good Friday
April 2, 2021

Memorial Day
May 31, 2021

Independence Day
Obs. July 5, 2021

Labor Day
September 6, 2021

Thanksgiving
November 25, 2021
November 26, 2021

Christmas Day
Obs. December 24, 2021

New Year's Day
Obs. December 31, 2021

Office Locations:

- Kernersville
- King
- Tanglewood
- Thomasville
- Winston-Salem

Contact our
Appointment
Coordinators:

Marsha (336) 397-5232

Stacy (336) 397-5255

ApptCoordinator@digestivehealth.ws



Let's Talk About IBS

Irritable Bowel Syndrome, or IBS, affects 1 in every 10 Americans. Because it is so common, Dr. Akdamar wanted to highlight some important factors when it comes to IBS.

Although there is no specific test for IBS, its diagnosis is based on the following criteria: At least 1 day a week over the past 3 months of recurrent abdominal pain or discomfort associated with two or more of the following:

- Improvement with defecation (bowel movement); and/or
- Onset associated with a change in frequency of stool; and/or
- Onset associated with a change in form (appearance) of the stool.

This last bullet is especially important because the

different types of IBS affect the appearance of the stool (See chart below for descriptions).

- **IBS - C** is for those who predominantly suffer from constipation. Bristol Chart Type 1 and 2.
- **IBS - D** is for those who predominantly suffer from diarrhea. Bristol Chart Type 6 and 7

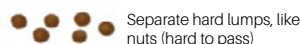
- **IBS - Mixed** is for those who predominantly suffer from both diarrhea and constipation.

For more information on IBS or to read Dr. Akdamar's April blog, visit the link below:

[Let's Talk About Irritable Bowel Syndrome \(IBS\)](#)

Bristol Stool Chart

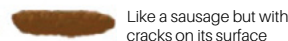
Type 1



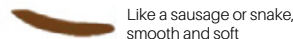
Type 2



Type 3



Type 4



Type 5



Type 6



Type 7



Pathology is a Crucial Step in GI

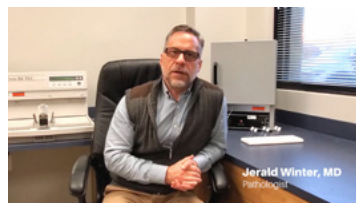
What happens after a patient has a colonoscopy and a polyp or tissue is removed? Our in-house pathologist, Dr. Jerald Winter, explains what happens between a patient's procedure and their results in the video below.



[What is pathology?](#)

You can also watch him explain what it was about pathology that attracted him in the first place. He highlights the difficulties and the triumphs of his chosen field. Learn more about Dr. Winter in the link:

[Jerald Winter, MD](#)



[What do you like about pathology?](#)

In 2019 Digestive Health Specialists opened an in-house pathology laboratory. Dr. Jerald Winter, along with certified histologists, specialize in digestive diseases. This guaranteed focused attention on GI pathology and promoted a closer working relationship with our gastroenterologists. Our purpose is to provide faster and more accurate results on your testing. To learn more about the Digestive Health Specialists Pathology Laboratory, visit the link below:

[Pathology Laboratory](#)

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

All of our physicians have privileges at: **NH Forsyth Medical Center • NH Kernersville Medical Center • NH Thomasville Medical Center**

Full-service clinics and ASC
licensed and AAAHC approved
endoscopy center.

GI services in one place!

On-site Procedures:

- Colonoscopy
- Endoscopy
- Esophageal Dilation
- Flexible Sigmoidoscopy
- Hemorrhoid Removal
- Wireless Capsule Endoscopy

Hospital Procedures

- ERCP
- EUS
- Liver Biopsy
- PEG Feeding Tubes

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



My Why at DHS

Digestive Health Specialists has launched their My Why campaign, targeted to encourage both patients and staff to get their COVID-19 vaccine. Throughout our various offices, you will see postcards stating why each staff member made this decision.

To start us off, Mary-Anne, our Clinical Nurse Manager, explains Her Why in the video at the link:

[MY WHY: Mary-Anne White](#)

All Digestive Health Specialists locations will be closed on Friday, April 2, 2021, in observance of Good Friday.

Career Opportunities at Digestive Health Specialists

If you know of someone who you feel would be a good fit or someone who may have lost their job during the pandemic, please share with them the ["Careers"](#) section of our website. We have both clinical and administrative positions.

