

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

AptCoordinator@digestivehealth.ws



Steps for Men to Improve Their Health

As providers, we understand that patients have unique needs, and last month we discussed some of the specific needs women have to receive care specifically for their gender. Men also have health needs that, with the pandemic, need to be addressed more fully. The pandemic has drastically altered patients' routines. It has led to more risky behavior, detrimental to their health. This behavior, especially in men, includes increased alcohol intake, more binge eating, and increased tobacco use. And since men are generally known to neglect their health, Dr. Charles Katopes dedicated the June blog to focus on simple steps men can take to improve their overall health. His blog focuses on 3 key areas that can make a big difference in men's health. Read the blog at the link:

Men's Health: Simple Steps to Improve Your Health

His first step focuses on what can be done, at home, with better choices. Moderation is key! For anyone who smokes, quitting is the best choice they can make.

The next step would be getting routine checkups. We understand how these checkups are not only for care but also for prevention. Patients need to understand this too. We also need to make sure our patients are up-to-date with their vaccines and their prevention screenings. As gastroenterologists, we have seen a decrease in preventive colonoscopies and, we are sure other preventive screening exams have also decreased.

Last, and also one of the most important, is a patient's mental health. The pandemic has led to a drastic rise in depression. And again, as men generally are not the most open about how they are feeling, it is imperative that as physicians, we get to patients to open up.

In the video, Dr. Katopes explains his thoughts.



Dr. Katopes Addresses Men's Health

Colonoscopy vs. Cologuard

Have you ever been with a patient and were debating whether to recommend a colonoscopy or Cologuard? If so, you are not alone.

- What are the benefits and disadvantages of Cologuard?
- Why do gastroenterologists still see colonoscopies as the Gold Standard?

We created a flyer to help with this decision-making process. It outlines the differences between a colonoscopy and Cologuard. If you would like to request physical copies, please reach out to our office, and we would

gladly supply them. You can also download a copy by clicking on the link underneath the image on the right.

If you would also like to speak directly with one of our physicians or have them discuss the colon cancer screening options available, whether in-person, through video conference, or over the phone, contact us at marketing@digestivehealth.ws with a day to connect, or you can fill out the form below:

Provider Appointment Schedule

PICKING THE RIGHT TEST COLON CANCER SCREENING OPTIONS		
WHAT IS IT?	COLONOSCOPY During the exam, the patient is sedated and a specially trained doctor guides a light and camera through the entire length of the colon. The exam looks for any polyps and signs of cancer growth.	COLOGUARD A stool sample is collected by the patient and sent to a lab for testing, which looks for blood or DNA markers associated with colorectal cancer.
HOW MUCH DOES IT COST?	Covered by insurance. SCREENING TEST must be covered, and we are experience than DIAGNOSTIC tests.	Covered by insurance. Some plans cover the test, but others don't.
FREQUENCY	10 Every 10 years, if normal	3 Every 3 years, if normal
WHERE IS IT PERFORMED?	Outpatient surgical center or hospital	Patient's home
RISKS OR NEGATIVES	Complications are rare, but include bleeding, infection, and bowel wall injury.	No physical risks. A positive test, which includes a false positive (10% of the time), means that a diagnostic colonoscopy is required. A false negative occurs 5% of the time.
GOOD CANDIDATE	Most people are good candidates. This test is the best way to find and remove polyps early. It is the gold standard for patients with a personal or family history of colon cancer or polyps.	Average risk patient only. Colonoscopy is the recommended screening test at Digestive Health Specialists unless discussed with your gastroenterologist.

Click Here to view flyer

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

GYRIG WS 2021

Get Your Rear in Gear Winston-Salem 2021 has come and gone, and we had a great turnout. To see more of the day's activities, visit the link:

[Digestive Health Specialists Team at GYRIG WS 2021](#)



All Digestive Health Specialists locations will be closed on Monday, July 5 2021, in observance of Independence Day.

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.

