

### 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



## Healthy Aging Month

What factors influence healthy aging? Research has identified action steps that can be taken to maintain health and function as patients get older. From improving diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health. Since many of our patients are older, we want to encourage them to take steps to improve their health.



- **Get Moving: Exercise and physical activity**  
Regular exercise and physical activity can reduce the risk of

developing some diseases and disabilities that often occur with aging.

- **Pay attention to weight and shape**

Body-fat distribution, specifically waist circumference and waist-to-hip ratio, can also be a serious problem for older adults



- **Healthy food for thought: Think about what you eat**  
Eating well is not just about weight; it can also help protect patients from certain health problems that occur more frequently among older adults.

And, eating unhealthy foods can increase the risk for some diseases.



- **Participate in enjoyable activities**

Engaging in their favorite activities can be fun or relaxing for patients. Those who are involved in hobbies and social and leisure activities may be at lower risk for some health problems.

For more information, read our September blog below:

[\*\*Healthy Aging from the National Institute on Aging\*\*](#)

## Reaching Out to Spanish-Speakers

Language barriers can lead to significant inequalities when it comes to the care received. These inequalities include: access to care at all levels, lower quality care being provided whether it be in-patient or out-patient, etc. Such experiences often lead to patients forgoing vitally important medical care. And although having a phone interpreting service is helpful and economically viable for healthcare practices, it does not compare to having staff on hand that speak the language and understand the cultural needs of

our Spanish-speaking patients.

Digestive Health Specialists has been taking steps to improve patient's communication with our medical personnel, especially at our Winston-Salem and Thomasville locations, where we have the highest number of Spanish-speaking patients. We want to introduce you to some of our Spanish-speaking staff members and physicians that make this possible.

Please let us know how we can assist your Spanish-speaking patients.



Dr. Frank Senatore



Dr. Ingrid Gonzalez



Elizabeth Wren  
Certified Medical  
Assistant



Martha Gomez  
Patient  
Scheduling



Yarelis Escobar  
Marketing  
Coordinator

# 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

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

## Spirit Month Fun at DHS

Our staff enjoyed the fun of Spirit Month in August. You can see more pictures on our social media pages.

[Facebook](#) • [Instagram](#) • [Twitter](#)  
[LinkedIn](#) • [YouTube](#)



**All Digestive Health Specialists locations will be closed on Monday, September 6 2021, in observance of Labor 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.

