

### 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  
Coordinator:

Stacy (336) 397-5255

ApptCoordinator@digestivehealth.ws



## Does your patient have GERD?

We all experience heartburn or acid reflux at one time or another. It is a fairly common condition, and for most of the population, it is temporary. Unfortunately, for 20% of people, the situation is more severe. When heartburn occurs more than two times a week, it can be an indicator of GERD.

GERD is caused when stomach acid flows back into the esophagus. The stomach has a lining that is meant to come into contact with acid, while the esophagus does not. Over time, this constant reflux will cause damage and inflammation to develop. So, what are the symptoms of GERD, and when is it necessary to see a doctor?

The most common symptom of GERD is burning in the chest. There are also silent symptoms that can manifest. Symptoms such as:

- Difficulty swallowing foods and liquids
- A persistent cough
- A change in the quality of your voice
- Constant clearing of your throat
- Sometimes hiccups

Now, there are lifestyle modifications a patient can make that can improve the symptoms of GERD. These modifications can include:

- Lose weight
- Keep the head of your bed elevated at night to help gravity keep acid in your

stomach while you sleep.

- Avoid laying down right after eating, and make sure your last meal is at least 2-3 hours before bedtime.
- Avoid tight-fitting clothing
- Chew gum or suck on a lozenge to help promote salivation, which can help neutralize acid
- Stop smoking as this decreases salivation and promotes the effects of acid reflux

When is it necessary for a patient to see a doctor? When the lifestyle modifications have not worked, and the symptoms are persistent. For more information on GERD, visit the blog on our website titled:

[Do you have heartburn?](#)

## Giving back to our communities

We take pride in the fact that we are located in 5 different communities across the Triad. As a way to "give back" to these communities that allow us to provide care for their GI-related needs we are hosting a Food Drive.

From November 1 through November 30, we will be accepting nonperishable food donations at each Digestive Health Specialists location. Examples of nonperishable foods are:

- Rice
- Hot and cold cereals
- Pasta and spaghetti sauce
- Canned fruit, beans, or vegetables
- Canned meats, tuna, or salmon

The food donations made to

each location will benefit a local shelter or food pantry.

#### Kernersville Office

Living Hope Church

<https://livinghopetriad.com/>

#### King Office

King Outreach Ministries

<http://www.kingoutreach.org/>

#### Tanglewood Office

A Storehouse for Jesus

<https://www.>

[astorehouseforjesus.org/](https://www.astorehouseforjesus.org/)

#### Thomasville Office

Fairgrove Family  
Resource Center

<https://fgfrc.org/>

#### Winston-Salem Office

Samaritan Ministries

[https://www.samaritanforsyth.org](https://www.samaritanforsyth.org/)

# 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

## Family Health History

We hope you enjoy the Thanksgiving holiday with your friends and family, taking all social distancing precautions necessary.

Since November 25 is National Family Health History Day, we want to encourage you to remind your patients to take advantage of the opportunity that the family is all together to speak about their family health history. 1 in 3 people who develop colon cancer has other family members who have had it.

**HAPPY  Thanksgiving**

*All Digestive Health Specialists locations will be closed on Thursday, November 25, 2021 and Friday  
November 26, 2021 for Thanksgiving.*

## 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.

