

2022 HOLIDAY SCHEDULE

We will be closed on
the following days:

Good Friday
April 15, 2022

Memorial Day
May 30, 2022

Independence Day
July 4, 2022

Labor Day
September 5, 2022

Thanksgiving
November 24, 2022
November 25, 2022

Christmas Day
Obs. December 26, 2022

New Year's Day
Obs. January 2, 2023

Office Locations:

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

Contact our
Appointment
Coordinator:

Stacy (336) 397-5255

ApptCoordinator@digestivehealth.ws



WHAT'S NEW AT DHS?

CARING FOR YOU, CLOSE TO HOME

VOLUME 2022 ISSUE 40

APRIL 2022

Irritable Bowel Syndrome (IBS) Is Our Focus for April

Irritable Bowel Syndrome, or IBS, is a common digestive disorder; it is frequently diagnosed in our practice. Up to 1 in 5 Americans have IBS-related symptoms, but less than 1 in 5 seek medical help. That is why, for IBS Awareness Month in April, this will be our focus.

Diagnosing IBS can be daunting. Its symptoms are varied and can overlap with other digestive disorders. But, the most common symptoms are:

- Cramping
- Stomach Pain
- Diarrhea
- Gas
- Constipation

The Good and Bad About IBS

Diagnosing a patient with a chronic condition is never a good thing, and when it comes to IBS, we add on top that there

is no cure for this disorder. It is a condition that will require long-term management of the symptoms, but on a positive note, some patients can control their symptoms with an adjustment in diet and lifestyle, stress management, or medication. Additionally, although the symptoms can be inconvenient and uncomfortable, they do not pose a risk of developing colon cancer.

When to See a Gastroenterologist

As previously mentioned, few people seek medical care when dealing with IBS symptoms, but getting a diagnosis and advice from a physician can help patients manage their symptoms. It is important to note that some symptoms can be misidentified as IBS symptoms that are not.

If a patient experiences any of the following symptoms, it may indicate a more serious condition, like colon cancer.

- Rectal bleeding
- Abdominal pain that is most severe at night
- Weight loss

For more information on IBS and what can trigger this condition, visit the blog at the link below:

[A Spotlight on IBS in April](#)



GYRIG was a Complete Success



Get Your Rear in Gear was held on March 26th, and it was a complete success. In total, the event raised over \$60,000 to help in the fight against colon cancer.

We are proud to announce that Digestive Health Specialists took home top honors as the Largest Team, with 88 participants, and the Highest Corporate Fundraising

Team, with \$15,043. We thank everyone who came or supported our team with donations.

You can see more of the event activities on our social media platforms, or at the link below:

[GYRIG Gallery](#)

We know the raised funds will make a huge difference and will increase education, screening exams, and access for our community. Thank you again to everyone who supported.

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

Consider Making April a Time to be More Active

April 6th: National Walking Day

April 29th: International Dance Day

These two days in April remind us the importance of getting up and increasing our physical activity. Both dancing and walking are easy, fun ways to be more active. Staying active is as important to our health as are our eating habits, even in your digestive health.

So, join Digestive Health Specialists in April, and on these days in particular, and get moving.

All Digestive Health Specialists locations will be closed on Friday, April 15 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.



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