

### 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



## Intestinal Gas Causes

Intestinal gas is frequent; we will all suffer from it. The symptoms, which include belching, bloating, abdominal cramps, and flatulence, can be embarrassing, making it a tough topic to discuss, even with a doctor.

The causes of intestinal gas vary, but all begin with swallowing excess air. Causes for excess air swallowing include:

- Sucking hard candies
- Chewing gum
- Drinking carbonated beverages
- Anxiety
- Poorly fitting dentures
- Chronic postnasal drip

The treatment options for intestinal gas begin with eliminating foods and drinks that can cause excess air. These

include carbonated beverages, like soda and beer; foods that the small intestine cannot digest, such as cauliflower, broccoli, cabbage, beans, bran, and milk and dairy. One diet in particular that can be helpful is the low FODMAP diet.

### Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
apple, banana, blueberry, cantaloupe, cherry, citrus, grapes, kiwi, mango, orange, peach, pear, pineapple, raspberry, strawberry, watermelon	alfalfa, bell pepper, bean sprouts, bok choy, carrot, celery, cucumber, eggplant, green beans, green peas, lettuce, onion, papaya, potato, radish, spinach, squash, sweet potato, tomato, zucchini	barley, brown rice, buckwheat, cornmeal, millet, oatmeal, quinoa, rice, rye, sorghum, teff, wild rice	cream, hard cheese, milk, soft cheese, yogurt	almonds, hazelnuts, pecans, walnuts, avocado, coconut oil, olive oil, sunflower oil, sesame oil, soybean oil, vegetable oil

[Click here to view full image](#)

### Key Points

- Belching and flatulence are normal body processes.
- Swallowed air is "gas" in the body and contributes significantly to symptoms.

- Unabsorbed dietary carbohydrates can cause gas production by colon bacteria.
- Avoid carbonated beverages, sucking on hard candy, and chewing gum.
- Abdominal distension when erect but not recumbent may be due to weak abdominal muscles.
- Increasing frequency or severity of symptoms should prompt medical attention.

Learn more about intestinal gas and the causes, risk factors, diagnosis, and treatment options in the blog linked below.

### [Intestinal Gas Causes Belching, Bloating, and Flatulence](#)

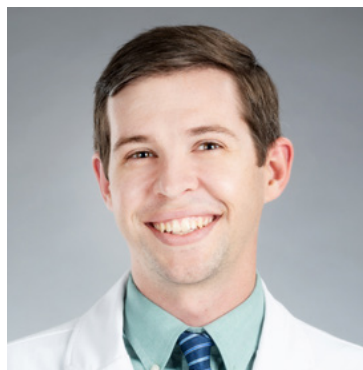
## New Providers at Digestive Health Specialists

We want to welcome three providers to our practice. They might have seen a few of your patients already, so we want to officially introduce them to you. Austin Pope, PA-C and

Courtney Milleson, PA-C are rotating through all of our office locations. While Pat Nasrallah, PA-C, has joined Dr. Gonzalez and Meredith Williams, PA-C, as a hospitalist at NH Forsyth

Medical Center. You can click on their names below to learn more about them on their profiles on our website, or click below:

### [Our Providers](#)



**Austin Pope**  
Physician Assistant



**Courtney Milleson**  
Physician Assistant



**Pat Nasrallah**  
Physician Assistant

# 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

## Summer Months Ahead

With the summer months quickly approaching, many people start to go on vacation; so do our providers. If you have an urgent scheduling need, or have difficulty getting a patient scheduled, we have resources to help. Please, do not hesitate to contact us directly at the information below:

**Stacy Wall**  
(336) 397-5255  
[ApptCoordinator@digestivehealth.ws](mailto:ApptCoordinator@digestivehealth.ws)

**DeEtte Hill**  
(336) 768-6211 X1182  
[deetteh@digestivehealth.ws](mailto:deetteh@digestivehealth.ws)

**Courtney Bain**  
(336) 768-6211 X1164  
[courtneyb@digestivehealth.ws](mailto:courtneyb@digestivehealth.ws)

**Yarelis Escobar**  
(336) 768-6211 X1185  
[marketing@digestivehealth.ws](mailto:marketing@digestivehealth.ws)

**All Digestive Health Specialists locations will be closed on Monday, July 4<sup>th</sup> 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 currently only have clinical positions.

