

### 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



## Native American Health Concerns

The American Indian and Alaska Native people have long experienced lower health status when compared with other Americans. Lower life expectancy and the disproportionate disease burden exist, perhaps because of limited access to healthcare, disproportionate poverty, discrimination in the delivery of health services, and cultural differences. These are broad quality-of-life issues rooted in economic adversity and poor social conditions.

As gastroenterologists, we see a disproportionate percentage of American Indians and Alaska natives succumb to complications from chronic liver disease and cirrhosis. Habits that can place individuals at risk for



liver disease, possibly leading to cirrhosis, cancer of the liver, and possible death is especially noticeable in the young adult population, as seen in the graph above. Recent estimates from the American Addiction Centers (AAC) report that 3 in 10 Native American and Alaskan Native young adults (age 18-25) report binge drinking (consuming 5 or more drinks in 2 hours), 1 in 11 report heavy alcohol use (binge

drinking on 5 or more days in the past month), and 1 in 10 have an alcohol use disorder.

For more information about Native American population and the health risks they face, visit the blog by Dr. Dhyan Rajan linked below:

### [Native American Health Concerns](#)

## 2<sup>nd</sup> Annual Food Drive is Back!

We are proud of the generous spirit that embodies our staff and patients, which we want to continue encouraging. It is why we decided to bring back our Food Drive. It is our way to support to the communities that support us.

From November 7<sup>th</sup> through November 30<sup>th</sup>, we will be accepting nonperishable food donations at each Digestive Health Specialists location. Examples of nonperishable foods are:

- Canned meats, tuna, or salmon
- Canned fruit, beans, or vegetables
- Canned or dry soups
- Peanut Butter

- Rice
- Hot and cold cereals
- Pasta and spaghetti sauce
- Coffee and teas
- Cake or pancake mixes
- Boxed or canned juices
- Granola or cereal bars
- Baby food, cereal, or formula

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**

Second Harvest Food Bank of  
NWNC  
<https://www.secondharvestnwncc.org/>

#### **Thomasville Office**

Fairgrove Family  
Resource Center  
<https://fgfrc.org/>

#### **Winston-Salem Office**

Second Harvest Food Bank of  
NWNC  
<https://www.secondharvestnwncc.org/>

We hope you can join us in giving back during this holiday season!

# 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

## National Family Health History Day

Did you know that November 24th is National Family Health History Day? Since Thanksgiving Day is a day where the family together, it is a great opportunity to discuss the family health history. It is important because, as you know, having a family history of certain diseases increases the risk of getting the same disease; diseases such as breast cancer and colorectal cancer recommend earlier screenings if it runs in the family. So, encourage your patients to take time this Thanksgiving and talk about their family health history. Finding disease early, can often mean better health in the long run.

**It is also time for health professionals to do the same!**

For more information, visit: [https://www.cdc.gov/genomics/famhistory/knowning\\_not\\_enough.htm](https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm)

***All Digestive Health Specialists locations will be closed on Thursday, November 24 and Friday, November 25 in observance of the Thanksgiving weekend.***

## 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.

