

### 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



## Reasons for Difficulty Swallowing

Difficulty swallowing, or dysphagia, is a common condition seen at our practice and can be exasperated with all the food during the holiday season. This is why we want to bring attention to this condition including the signs and reasons which can cause it.

One of the signs or symptoms of dysphagia is, as soon as you start eating, it comes back up, it comes out of the nose, coughing, or it goes down the windpipe instead of the food pipe and causes shortness of breath.

### Causes of Difficulty Swallowing:

- **Narrow Food Pipe:**  
Sometimes when food or liquids get stuck, it is because your food pipe, instead of being a narrow tube, has

become even more reduced. Sometimes it gets narrow because of pretty serious things, like esophageal cancer, but most of the time it's because of acid reflux.

- **Spasms:**  
Another reason why people have difficulty swallowing is that the food pipe itself is going into spasms. What causes that spasm? Again, acid reflux. If acid shoots into the food pipe, it irritates it, causing it to move haphazardly. Instead of going down in a smooth motion, it spasms, which causes people to choke once in a while.
- **Dysmotility:**  
Sometimes as we get older, the food pipe naturally gets a little bit weaker and causes

dysmotility, where things are not moving as fast as they used to.

- **Inflammation or ulcers:**  
Sometimes the food pipe looks and moves normally, but just within the food pipe, you have inflammation or ulcers forming within the food pipe. And again, a lot of time, due to acid reflux.

This is why it is important for patients to have further tests and evaluations to see what is causing the difficulty to swallow, and confirm it is nothing potentially serious. Learn more in our December blog at the link:

[If You Have Difficulty Swallowing - Here's Why!](#)

## Our Toy Drive is Back, Too!

The holiday season is embodied by generosity and the giving-spirit. Unfortunately, for some in our community, this time of year just highlights what they cannot provide. We want to help bridge that gap with our 2<sup>nd</sup> Annual Toy Drive.

From December 1<sup>st</sup> through December 21<sup>st</sup>, we will be accepting toy donations at each Digestive Health Specialists location. The toys needs to be:

- New
- Un-wrapped
- Preferably around the \$10 or more price range
- Books are also needed
- Homemade toys are also accepted

We will not accept toys that are:

- Used
- Look like realistic weapons
- With candy or food
- With chemicals (ex: experimental labs, acid, crystal projects, etc.)

The toys will be for children aged 1-12, and some exceptions for older children's toys.

### Kernersville Office

Toys for Tots Forsyth County

### King Office

Toys for Tots Stokes County

### Tanglewood Office

Operation Make Christmas Night Bright

### Thomasville Office

Operation Make Christmas Night Bright

### Winston-Salem Office

Operation Make Christmas Night Bright

We hope you can join us in bringing Christmas Cheer to the smallest in our communities.

# 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 in November

November was full of fun at Digestive Health Specialists with our first Family Fall Festival and Spirit Month. See our staff enjoy our company-wide festival at the Gallery link below:



### DHS Fall Festival Gallery

*All Digestive Health Specialists locations will be closed on Monday, December 26, and Monday, January 2 for Christmas and New Year's 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.

