



# ADVANCED DIGESTIVE CARE

## GASTROENTEROLOGY ASSOCIATES

Where caring for our patients is our #1 priority!

**COLON CANCER** occurs in the terminal part of the digestive tract otherwise known as the large intestine, or the colon. It can start as small as a benign clump of cells called adenomatous polyps. Over time, these small noncancerous polyps can potentially become cancerous. These polyps can develop undetected, it is recommended to schedule a regular screening test to help prevent colon cancer altogether.

There are controllable and uncontrollable risk factors that can heighten your risk of developing colon cancer. Diet is the main controllable risk factor. A diet of high fat and low fiber is proven to increase your risk, as well as a sedentary lifestyle, obesity, smoking, and alcohol. Uncontrollable risk factors include but are not limited to a family history of colon cancer or colorectal polyps, older age, being of African-American race, diabetes, and having an inflammatory intestinal condition.

Because colorectal polyps can go unnoticed, producing few symptoms, screening is recommended beginning at the age of 50 and perhaps earlier for those with a family history of colon cancer. Physicians perform a colonoscopy to help identify new growths and diagnose different digestive diseases including colon cancer.

Once diagnosed, especially in the early stages, colon cancer is highly treatable. You and your doctor will discuss options that will best treat your condition.

Adenoma detection rate (ADR) is the widely accepted national benchmark on quality for screening colonoscopy. A physician's adenoma detection rate is the proportion of individuals undergoing a complete screening colonoscopy who have one or more adenomas, or polyps, detected. Our group ADR for females 33% and national benchmark at 20%. Our group ADR for males 44% and national benchmark at 30%.

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## COLON CANCER SCREENING

A Colonoscopy Screening is the most effective way to prevent your risk of developing colon cancer.

Colonoscopy is the only test that allows for removal of precancerous polyps during the exam.

Colonoscopy is the only test recommended at 10 year interval, if you have no family history and no colorectal polyps or cancer is found.

A screening colonoscopy is considered preventative care and should be covered completely by your insurance.

If you are 50 years years of age or older (45 for African Americans) and haven't had a chance to screen for colon cancer, call our office to schedule .

Gainesville (571) 248-0653

Manassas (703) 368-6819

Warrenton (540) 347-2470

*This information was obtained from  
Mayo Clinic.*

## CHECK OUT OUR NEW INFUSION SUITE

We are excited to announce the opening of our new infusion suite in the Warrenton office. We provide infusion services to patients with Crohn's, Ulcerative Colitis and Iron deficiency anemia. Our friendly and welcoming staff will make you feel right at home.

Already a patient of ours? Is Warrenton more convenient for you? If you answered yes to both of those, call us at 540-347-2470 to schedule your infusion in our Warrenton location.

New to our practice? Currently having infusions for these diagnoses? Call and speak with our scheduling staff to schedule a consultation with one of our providers today!



Endoscopy Suite in Warrenton

# MARCH IS COLON CANCER SCREENING MONTH!



Colorectal cancer is the **#2 cancer killer** in the United States, yet it is one of the most preventable types of cancer.

Over **80% of all cases** of colorectal cancer can be prevented with recommended screening. This is why early detection is vital.

Professional guidelines emphasize the importance of a regular screening which includes an annual fecal occult blood test, periodic partial or full colon exams, or both. Leaders in the field have estimated that, with widespread adoption of these screening practices, as many as **30,000 lives** could be saved each year.

Screenings start at the **age of 50**, unless you have a family history of colon cancer which may result in the need for an earlier screening. Consult your physician for a recommendation.

**BILLING:** January is the start of calendar year deductibles. Remember to bring updated/new insurance cards for verification. If this is a new benefit year for you, be prepared for higher co-pays assessed by insurance carriers and the need to meet your deductible for 2019. If you are given any kind of order for tests or procedures, it is advisable for you to contact your insurance company for coverage/benefits. This is due to the large number of individualized plans. It is important that you call your insurance company to double benefit information for accuracy as well as any additional charges that may apply, such as co-pays, or deductibles.