



Gastroenterology

Associates, PC

www.doctorgi.com

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We are now accepting CareCredit!
This medical credit card is a great benefit to patients with high deductibles or no health insurance. To see if you qualify for CareCredit, contact our billing department today at 571-428-2969.



Tips for Staying Healthy in Summer

- **Stay cool and hydrated.** Drink water! Most people need two to three quarts of liquid per day, and more in hot weather with sweating and exercise.
- While enjoying the sun and outdoors, **protect yourself from overexposure** to sunlight by wearing a hat and using sunscreens.
- **Keep up or begin an exercise program.** Aerobic activity is important for keeping the heart strong and healthy. If you only work out in a health club, take some time to do outdoor refreshing activities -- hiking, biking, swimming, or tennis.
- **Enjoy Nature's bounty** – fresh seasonal fruits and vegetables. Consuming foods that are cooling and light -- fresh fruits, vegetable juices, raw vital salads, and lots of water -- will nourish your body for summertime activities. Include some protein with one or two meals.
- **Take some special summer time** with your family, kids, and friends who share the enjoyment of outdoors. Plan a fun trip hiking, camping, playing at the river, or a few days resting at the ocean.
- **Relax and breathe.** You've been working hard. This is the season to slow the pace a bit and absorb the light that stimulates your hormonal message center. Leave your cell phone at home or take a week off from TV.
- **Sun teas are wonderful.** Use tea bags in a clear half- or one-gallon glass jar filled with spring water. Leave in the sun for two hours or up to a whole day.
- **Nutritional supplements** can support you with a greater amount of physical energy, enhancing your summer activities.

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Our providers offer a variety of services within the office to include:

- **Banding of hemorrhoids using the CRH O'Regan system. The procedure is fast and painless. These can be done in any of our office locations by one of our providers.**
- **Procedures performed at in-office endoscopy suite in Gainesville to help minimize patient and insurance cost.**
- **Infusion services of Remicade and Entyvio for patients with various gastroenterology related medical conditions.**

Physician Phunnies

One Wednesday, Murphy went to a doctor to talk about his wife. He says to the doctor, 'Doctor, I think my wife is deaf because she never hears me the first time and I always have to repeat things.' 'Well, 'the doctor replied, 'Go home and tonight stand about 15 feet from her and say something to her. If she doesn't reply move about 5 feet closer and say it again. Keep doing this so that we'll get an idea about the severity of her deafness.'

Sure enough, Murphy goes home and does exactly as instructed. He starts off about 15 feet from his wife in the kitchen as she is chopping some vegetables and says, 'Betty, what's for dinner?' He hears no response. He moves about 5 feet closer and asks again. No reply. He moves 5 feet closer. Still no reply. He gets fed up and moves right behind her, about an inch away, and asks again, 'Betty, what's for dinner?'

Betty says, 'That's the fourth time you asked me. It's meatloaf.'

Ask your provider if you are a good candidate for the

Food Inflammation Test (FIT)

This test is NOT covered by most insurances and the cost is \$275.00.

However, the information you receive may be invaluable to you. You receive suggested diets for you, when you get the results.



FIT test measures the sensitivity to 132 foods including:

Dairy, Grains, Fruits, Meats, Nuts, Fish, Seeds, Beans, Fowl, Shellfish, Vegetables, Spices, Microbial, Additives, and Extracts

FIT TEST

FOOD INFLAMMATION TEST DELAYED FOOD SENSITIVITY TEST

This test is very beneficial to every patient for a number of reasons, especially for the prevention of inflammation caused by food sensitivity. Food sensitivities and related diseases affect at least 100 million people worldwide. They can cause an array of illness ranging from skin rashes, intestinal disease, chronic pains and depression, to name a few. The advanced technology used in this food sensitivity test measures IgC and Immune Complexes to create the most sensitive and accurate test on the market.

Benefits of knowing your food sensitivities:

Weight Loss
Improved Sleep
Less Aches & Pains
Improved Digestion
More Energy
Less Agitated by Stress
Lower Blood Pressure
Lower Cholesterol
Disease Prevention



The Providers and Managers would like to recognize Marianne White for her 25th anniversary with Gastroenterology as our Senior Billing Coder! Thank you for all your dedication and hard work throughout the years.

