



# Gastroenterology Associates, PC

Where caring for our patients is our #1 priority!

**CROHN'S DISEASE** is an inflammatory bowel disease. It causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people. The inflammation caused by Crohn's disease often spreads deep into the layers of affected bowel tissue. Crohn's disease can be both painful and debilitating, and sometimes may lead to life-threatening complications. While there's no known cure for Crohn's disease, therapies can greatly reduce its signs and symptoms and even bring about long-term remission. With treatment, many people with Crohn's disease are able to function well.

The exact cause of Crohn's disease remains unknown. Previously, diet and stress were suspected, but now doctors know that these factors may aggravate, but don't cause Crohn's disease. A number of factors, such as heredity and a malfunctioning immune system, likely play a role in its development.

Your doctor may use a combination of tests to diagnosis Crohn's disease. These tests can include procedures such as, Colonoscopy, CT Scan, MRI, Capsule Endoscopy, and Balloon Enteroscopy.

Once you have been diagnosed with this disease, the goal of medical treatment is to reduce the inflammation that triggers your signs and symptoms. Anti-inflammatory drugs are often the first step in the treatment of inflammatory bowel disease. This would include corticosteroids and/or oral 5-aminosalicylates. Immune system suppressors also reduce inflammation. For some people, a combination of these drugs work better than one drug alone. Immunosuppressant drugs include: Azathioprine, mercaptopurine, Remicade, Humira, Cimzia, Entyvio and Stelara.

## CROHN'S DISEASE

### Signs and symptoms of Crohn's Disease:

- Diarrhea
- Fever
- Fatigue
- Abdominal pain and cramping
- Blood in stool
- Mouth sores
- Reduced appetite and weight loss
- Pain or drainage near or around the anus

**Call our office today  
to schedule an office  
visit with one of  
our providers!**

**Gainesville (571) 248-0653**

**Manassas (703) 368-6819**

**Warrenton (540) 347-2470**

[doctorgi.com](http://doctorgi.com)

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Edward C. Kim, M.D., Jin H. Park, M.D., Myung Choi, M.D., Darren S. Baroni, M.D.,  
Nina Phatak, M.D., Paul O. Arnold, M.D., Tinatin K. O'Connell, M.D.,  
Rizwan Ahmed, M.D., Mylan R. Satchi, M.D.  
Christa Purdum, PA-C, Michelle Bachtold, PA-C, Audra Ballash, PA-C,  
Crystal McGovern, NP-C, Melissa Nemeth, NP-C, Jackie Ramirez, PA-C

*This information was  
obtained from Mayo Clinic.*



**Our Warrenton office is moving on May 1st.**

**Our new address is:**

**170 West Shirley Ave, Suite 205**

**Warrenton, VA**

## Our Practice Now Offers Patients Access to Clinical Research

We now provide clinical research services and have partnered with Elligo Health Research, who improves clinical trial access by engaging the 97 percent of providers currently not offering clinical research to the patients.

By offering clinical trials as an option, we are able to introduce the latest advances in research to our patients. As a result, our patients have access — in the convenience of the provider's office — to treatments they might not otherwise have.

Dr. Scott Choi, our lead physician in clinical research commented, "To ensure we have better medicines and treatments for future generations, we need to have clinical research now. With Elligo providing the framework, our practice can tap into this research to provide more treatment options for our patients. We look forward to being a part of the Elligo network."

"Our team at Elligo is excited to work with Gastroenterology Associates to advance the care its physicians offer to patients. By providing the personnel, processes, technology and infrastructure to make the clinical research process easier for practices at no cost, these practices like Gastroenterology Associates can remain focused on what they do best — taking care of patients," said John Potthoff, Ph.D., co-founder and CEO of Elligo Health Research.

***Ask your provider if you are eligible for any of the studies currently offered to our patients.***

## JACKIE RAMIREZ, PA-C



We are excited to introduce our new Physician Assistant Jackie Ramirez. Jackie was born and raised in Virginia. She received her Bachelor of Science degrees in Neuroscience and Public Health from the College of William and Mary. She then completed a Master of Science degree in Infectious Diseases from Georgetown University. After graduation, she completed a fellowship at the Centers for Disease Control and Prevention in Atlanta, Georgia. In order to practice direct patient care, she went on to earn a Master of Physician Assistant Studies from James Madison University. Her interests include understanding the Mind-Gut connection and the way microorganism interact with the human body. In her spare time, she enjoys spending time with family.

