



# ADVANCED DIGESTIVE CARE

## GASTROENTEROLOGY ASSOCIATES

Where caring for our patients is our #1 priority!

### COLONOSCOPY VS. COLOGUARD

In recent years, the Cologuard colon cancer test has gained increased public visibility as an option for colon cancer testing. Cologuard offers a relatively convenient way to be screened by providing individuals with materials to collect a stool sample from home to send to a lab for testing. While it provides an alternative, it's important to know the extent of its effectiveness and what type of patient it serves best.

Cologuard screens for colon cancer in a much different way than a colonoscopy does. With Cologuard, DNA from a stool sample is tested for the presence of abnormal cancerous or precancerous cells, with no visual examination of the large and small intestines. With a colonoscopy, a gastroenterologist uses a colonoscope to carefully examine the large intestines and parts of the small intestines for polyps or cancerous lesions. If any evidence of cancer or polyps are seen, a biopsy or removal of the polyps can be done at this time.

Cologuard is only recommended for patients who've never had colorectal polyps or cancer and do not have a family history of colon polyps or cancer.

Colonoscopy is the only recommended test for many individuals with a family history of colon polyps or colon cancer. Depending upon the details of your family history, a colonoscopy may be recommended beginning at age 40 or younger.

If you've ever had colorectal polyps or colon cancer, further follow-up is done with a colonoscopy. Colonoscopy is the only test established as safe and effective for polyp follow-up.

If you and your provider elect to use the Cologuard test as your preventative screening and the results come back positive, you will have used this measure as your preventative screening care under your insurance company and therefore your insurance will not cover your colonoscopy as a preventative screening.

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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 O'Connell, M.D., Rizwan Ahmed, M.D., Mylan Satchi, M.D.  
Christa M. Purdum, PA-C, Michelle D. Bachtold, PA-C,  
Audra Ballash, PA-C, Jackie Ramirez, PA-C, Kibbum Kang, NP-C  
Crystal McGovern, NP-C, Melissa Nemeth, NP-C

## FACTS ABOUT COLOGUARD

- Cologuard is a test that detects DNA and blood shed by cancer and precancerous polyps into the stool
- Cologuard testing can not prevent colon cancer
- While Cologuard is 92% sensitive for detecting colorectal cancer, it is only 42% sensitive for detecting large precancerous polyps
- Cologuard has a 12% false positive rate
- If the Cologuard test is positive, a colonoscopy must be performed to follow up the results.

If you have not been screened for colon cancer, contact our office today to schedule a consultation.

Gainesville (571) 248-0653

Manassas (703) 368-6819

Warrenton (540) 347-2470

*This information was obtained  
from American Society for  
Gastrointestinal Endoscopy*

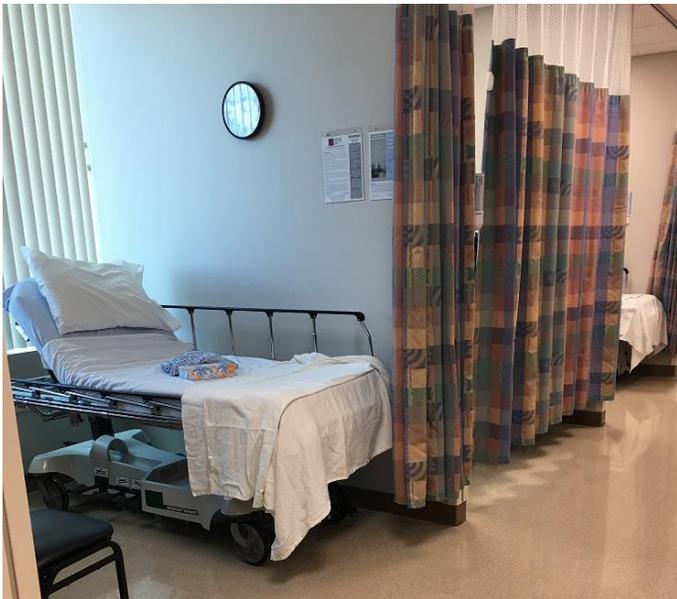
## Tips for Staying Healthy in Summer

Our Gainesville and Warrenton Endoscopy Suites offer a welcoming environment and an entire staff of board-certified physicians and professionals who are experts in colonoscopy screenings and total digestive care. Both of our endoscopy suites are AAAHC and ASGE accredited. The cost of procedures done at our endoscopy suites are significantly lower than procedures performed in a hospital.



(Warrenton Endoscopy)

We perform the following procedures in both endoscopy suites; Colonoscopy, Upper Endoscopy, and Flexible Sigmoidoscopy.



(Gainesville Endoscopy)

We also provide infusion services in our suites for Crohn's and Ulcerative Colitis patients of Remicade, Entyvio, and Stelara. We infuse Injectafer for patients with iron deficiency anemia.

- **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.

