



ADVANCED DIGESTIVE CARE

GASTROENTEROLOGY ASSOCIATES

Where caring for our patients is our #1 priority!

YOUR DOCTOR HAS ORDERED A COLONOSCOPY: WHAT QUESTIONS SHOULD YOU ASK?

Is the doctor performing your colonoscopy a Gastroenterologist?

A Gastroenterologist is a specialist in gastrointestinal diseases and has received special training in colonoscopy. Gastroenterologists perform more colonoscopies by far than any other specialty. Non-gastroenterologists are five times more likely to miss colorectal cancer during colonoscopy than Gastroenterologists.

What training in colonoscopy did the doctor receive?

Proper training in colonoscopy is necessary not only to increase the chance that the procedure can be completed and any necessary treatments applied, but also to be sure that abnormal results can be properly interpreted. The American Society for Gastrointestinal Endoscopy recommends that persons performing colonoscopy complete a fellowship program in gastroenterology or receive training in colonoscopy during a surgical residency.

How often does your doctor complete the colonoscopy?

Experienced colonoscopists reach the very beginning of the large intestine (the cecum) in more than 90% of cases and in more than 95% of patients who are undergoing screening. Screening is the process of checking people who have no symptoms for colon polyps and cancer.

Can the doctor remove polyps from your colon?

Persons performing colonoscopy must be trained in the removal of polyps. Although even Gastroenterologists may refer a patient with a large polyp to a special expert in the removal of polyps, a trained colonoscopist can remove the overwhelming majority of routine polyps.

This information was obtained from American College of Gastroenterology.

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ADENOMA DETECTION RATE

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 polyps detected.

Our group ADR for females is 33% and the national benchmark at 20%. Our group ADR for males is 44% and the national benchmark at 30%.

If you have not had your screening colonoscopy, please contact our office to schedule. Ask our staff how you can schedule at one of our Endo Suites located in Gainesville and Warrenton.

Gainesville (571) 248-0653
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Five Ways to Eat Healthy During the Summer Months

1. Take Advantage of Fresh Produce

Veggies:

- **Tomatoes:** Slicing one cup of raw tomato for your lunch salad gives you as much as 40 percent of your recommended daily intake of vitamin C and 20 percent of your daily vitamin A.
- **Avocados** find their way into salads, dressings and on top of burgers regularly, so it's a good thing that they're full of fiber, vitamins B5, B6, C, K, folate and potassium, as well as cell-protecting antioxidants.
- **Greens:** Beet greens, dandelion greens, spinach, lettuce and Swiss chard are all in season throughout the spring and summer months. These greens contain protein and iron, and are full of the cell-protecting and repairing antioxidants, vitamins C and A, as well as B vitamins and fiber. Not only do they make a great salad, but you can toss them into a blender, along with some fresh fruit for a green smoothie.
- **Bell peppers** make a colorful addition to a snack, salad or meal, but there's more to this crunchy fruit than meets the eye. Bell peppers contain phytochemicals called carotenoids, which give them their bright colors – and a diet high in carotenoid-dense foods has been associated with reducing the risk of developing cardiovascular disease, and age-related eye diseases.

Fruits:

- **Berries:** Though each tasty variety of berry has its own unique nutritional values and functional benefits, all berries are high in antioxidants, fiber and vitamin C, so supercharge your diet by enjoying the entire berry patch!
- **Watermelon** has the highest concentration of lycopene of any fresh fruit or vegetable, so indulge in this sweet fruit throughout the summer months.

2. Choose Lean Meats

Instead of going for the traditional fare, choose leaner meats. Healthier meat alternatives include ground turkey and skinless chicken breasts. Fish is a very important part of a healthy diet. Grill salmon, tuna, lobster, steamed clams, and calamari for a low-calorie, protein-packed lunch or dinner. Summer is also the ideal time to get the freshest catch of seafood from your local grocer.

3. Be Smart About Cold Treat Choices

To satisfy your sweet tooth and not feel guilty about it, look for some healthier alternatives to the typical calorie-laden summer treats. Buy low-fat versions of fat-free and sugar-free ice cream or try a sugar-free sorbet, which is a lower-calorie, refreshing alternative. Experiment with different brands and remember to control your portions!

4. Stay Quenched

With scorching hot temperatures and outdoor activities ramping up, dehydration is a major concern. To stay hydrated during the summer, buy a reusable water bottle and keep it with you all the time as a reminder to take sips regularly.

5. Prep for the Beach

Ice cream stands and high-calorie barbecues are bound to put a damper on your diet, so manage these temptations by being prepared. Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pita chips, hummus, yogurt and lots of fruit. You'll feel healthier and happier at the end of the day.

gPortal

Sign up for our Patient Portal today!

Once you have signed up, you have access to review your results, send messages to your provider, request appointments, review your medical records and pay your medical bill online!

Being able to pay your medical bill online saves you time from mailing in a payment or calling our office to make your payment with your credit card.

If you are not already signed up for the portal, call the office and the staff will get your email address, or if we already have it, resend your portal invitation.

