



Gastroenterology Associates, PC

Where caring for our patients is our #1 priority!

GASTROESOPHAGEAL REFLUX DISEASE (GERD) is a condition which develops when reflux of the stomach content causes troublesome symptoms and/or complications including damage to the lining of the esophagus.

Common symptoms of gastroesophageal reflux disease are heartburn and/or acid regurgitation. Heartburn is a burning sensation felt behind the breast bone that occurs when stomach contents irritate the normal lining of the esophagus. Acid regurgitation is the sensation of stomach fluid coming up through the chest and sometimes into the mouth. Less common symptoms that may also be associated with gastroesophageal reflux include unexplained chest pain, wheezing, sore throat and cough, among others. If the GERD is severe, you might experience trouble swallowing which is a symptom that should be evaluated by a gastroenterologist.

There is no specific diet that will prevent all symptoms of GERD. One way to identify reflux-related “trigger” foods is through a food diary. Writing down the foods you eat, the time of day and any symptoms may help you recognize triggers so that you can change your diet and hopefully reduce symptoms.

Contact your health care provider if symptoms do not improve with diet and lifestyle changes or if you develop alarm symptoms such as bleeding, weight loss or difficulty swallowing. Initial treatment may start with over-the-counter (OTC) medications that control stomach acid. Your provider may also, choose to perform an Upper Endoscopy to further diagnosis your symptoms.

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GERD

What are some known trigger foods?

- Coffee (with or without caffeine) and caffeinated beverages
- Citrus fruits and juices such as orange, grapefruit and pineapple
- Tomatoes and processed tomato-based products
- Carbonated beverages
- Chocolate
- Peppermint, garlic and onions
- Fatty, spicy or fried foods

If you are experiencing GERD symptoms and have not consulted with a physician, call our office today and schedule an appointment.

Gainesville (571) 248-0653

Manassas (703) 368-6819

Warrenton (540) 347-2470

This information was obtained from ASGE.

Dr. Mylan Satchi



We are pleased to introduce our new physician Dr. Mylan Satchi. He joined our group in August and has been a great addition. For the past five years, Dr. Satchi served as an attending gastroenterologist at Lenox Hill Hospital and was part of the key clinical faculty for the fellowship program, serving as the education coordinator. He was closely involved in the education of medical students, residents, and gastroenterology fellows. He has an additional interest in community education and public health awareness of gastrointestinal diseases. In his spare time, he enjoys spending time with his family, traveling and watching the New York Giants.

Beginning October 1st 2017, anesthesia in our Gainesville Endoscopy Suite, will be provided by GAPC Anesthesia, LLC.

Gastroenterology Associates will continue to bill your insurance for all fees incurred during your procedure performed in our Endoscopy Suite.

Your anesthesia charges will be billed to your insurance from GAPC Anesthesia, LLC.

Your professional fee, the facility fee, and any pathology charges, will be billed to your insurance from Gastroenterology Associates, PC.

Please contact our billing office at (571) 428-2969, if you have any questions.

Electronic Paperwork and Signatures

We are excited to announce that we are now capturing our patients' signatures and consents electronically in our endoscopy suite in Gainesville.

We hope to implement this, in the near future, for our office patients as well.