

CAREFUL NOT TO

OVER EAT

Who hasn't overeaten at some point in their life, especially during the holidays or gatherings? While most of us do not eat to the point of risking a stomach rupture (which is rare, but possible), overeating does have it's unwelcome side effects. For the occasional overeater, you'll feel discomfort as the stomach muscles stretch beyond its normal limits. Frequent overeaters might not feel the same as they get used to it and the stomach muscles get more elastic by continual exercise of expansion and contraction beyond its limits. Now, before you go out and train for Man v. Food, here's the side effects of frequent overeating: You gain extra calories, additional fat deposit in your body, gain weight (which can lead to obesity), it can cause breathing problems as the enlarged stomach pushes against the diaphragm that lies below the lungs, it can trigger heartburn and/ or reflux, it can contribute to diabetes and heart disease, and many other related health disorders. This is hard to chew, so think twice before going for seconds!



GASTROENTEROLOGY & HEPATOLOGY

PROCEDURES:

- * Colonoscopy
- * Upper Endoscopy (EGD)
- * ERCP
- * Esophageal Manometry
- * Esophageal pH Probe/ pH Bravo
- * Liver Biopsy
- * Non-Surgical Hemorrhoid Removal

DISORDERS:

- * GERD/ Reflux, Heartburn, Difficulty Swallowing
- * Colon Cancer Screening
- * Ulcerative Colitis, Crohn's Disease
- * Liver Disease, Hepatitis A, B, & C
- * Motility Disorders
- * IBS, Constipation, Diarrhea
- * Change in Bowel Habits
- * Celiac Disease
- * Peptic Ulcers
- * Biliary Disorder..... and more!

DR. GREGORY S. SMITH-- CANCER WARRIOR!



Gregory S. Smith, M.D.
and the
Pan-Mass Challenge

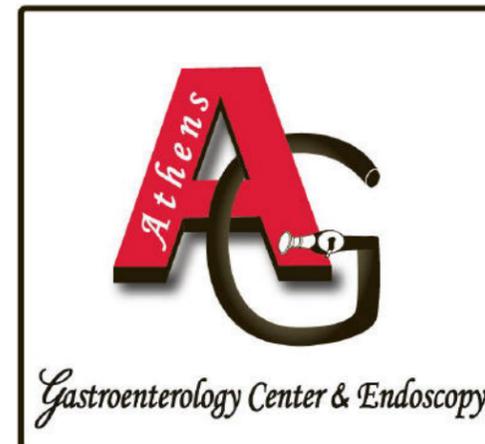


Not only has Dr. Gregory S. Smith helped thousands of patients meet their GI needs, but he has been riding cross country for 20+ years in an effort to raise donations for the Pan-Mass cancer cause.

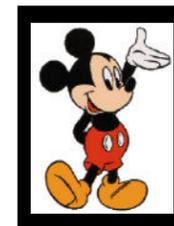
If you would like to make a donation to Pan-Mass, please go to www.pmc.org, click DONATE and enter **Rider GS0010** (Gregory Smith of Athens, GA) or make your check payable to PMC for Rider # GS0010 and mail to Athens GI Center, 21 Jefferson Place, Athens, GA 30601 and we will send it to PMC for you.



PMC 200 miles in 2 days from Boston, MA to Provincetown, MA.



Gregory Smith, M.D.



WHAT'S NEW @ AGC?

Are you actively sick and need a clinical consultation ASAP? Do you think it's not urgent enough to go the the hospital ER, but acute enough to need expeditious attention? Patients of Dr. Gregory S. Smith can call Athens Gastroenterology Center at 706-548-0058 to set up a GI-Xpress appointment with one of his Nurse Practitioners! Most of our GI-Xpress appointments can be worked in the same day.

Meet our new nurse practitioner, R. Jason Mann, NP-C. Receiving his Bachelor of Arts in Psychology at our very own University of Georgia in Athens, GA, Jason Mann went on to the Medical College of Georgia in Athens to receive his Bachelor of Science in Nursing and earned his Master of Science for Nurse Practitioner.

Jason Mann joined our practice in June 2014 and has been an a considerable addition to our team. Jason is accepting new patients and is available for established patient GI-Xpress appointments.

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Newsletter created by K.Parr 07.2014



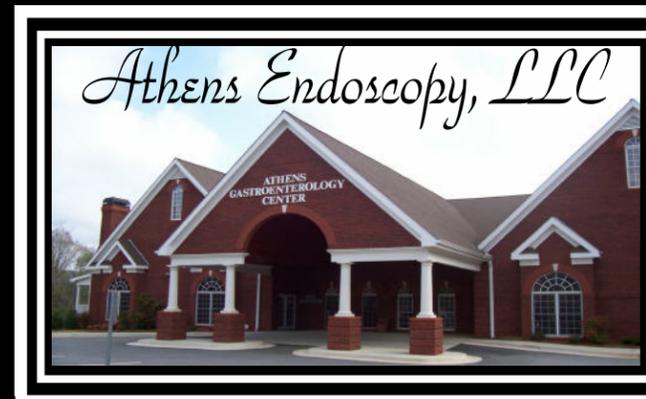
Athens Gastroenterology Center

Your health care team rooting for you!

DR. GREGORY S. SMITH

WHAT'S UP DOC?

Dr. Gregory S. Smith's endoscopy center is in Suite 2 of his building.



At last, you can not only have a procedure to meet your health care needs, but also enjoy the tranquility and comfort of this spa-like atmosphere. Athens Endoscopy is also offering Care Credit for qualifying persons. Find out how you can save at Athens Endoscopy, LLC!



R. Jason Mann, NP-C.

ATHENS G.I. CENTER HOURS:

Monday- Friday 9:00 am- 5:00 pm
Phone: 706-548-0058
www.athensgicenter.com
Accepting new patients!

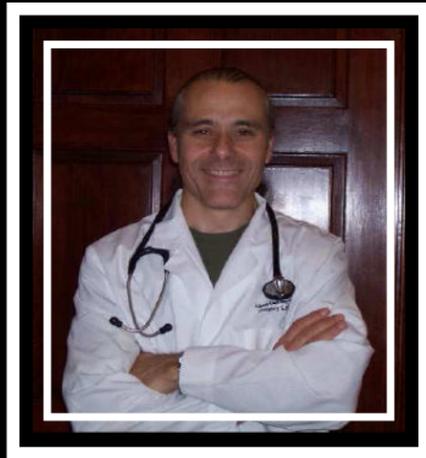
ATHENS ENDOSCOPY, LLC:

OPEN for procedures!
Phone: 706-433-0788

COLON CANCER SCREENING:

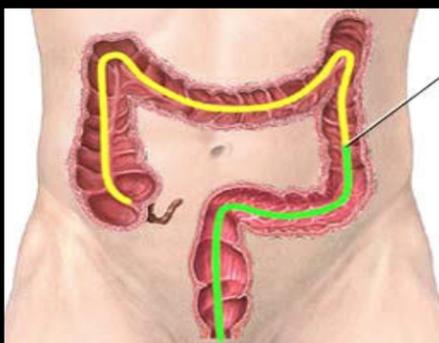
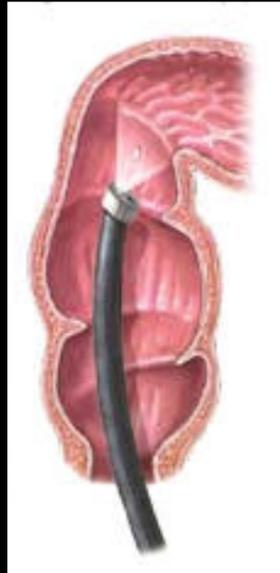
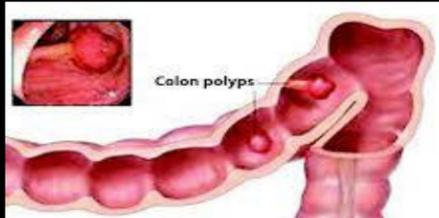
WHY SCOPE IT OUT?

Dr. Gregory S. Smith recommends getting scoped if you are: age 50 and above, if



you have a personal history/family history of colon polyps or colon cancer, or if you are currently having symptoms like rectal bleeding. You can help prevent Colon Cancer by

getting regular screening tests (colonoscopies) where polyps can be identified before they become colon cancer. To provide you with the most effective care, Dr. Smith is on the cutting edge of medical technology, gastrointestinal and hepatic updates. Dr. Smith is adamant about prevention of colon cancer. He has been participating in the Pan-Mass Challenge (PMC) fundraising 5,000 rider 200 mile bicycling event for cancer research and treatment since the last 20+ years.



Colonoscopy examines the entire length of the colon (large intestine.)

GREGORY S. SMITH, M.D.

BOARD CERTIFIED GASTROENTEROLOGY & HEPATOLOGY, INTERNAL MEDICINE

Are you having trouble figuring out what is causing your digestive ailments? Do you already know what your ailment is, but don't know what treatment would work best for you? Don't lose hope! Dr. Gregory S. Smith and his team of Nurse Practitioners specialize in *Investigative Gastroenterology*! Dr. Smith's 20+ years of experience in addition to his excellent reputation for quality care and "truly" caring has earned the rapport of thousands of patients and many referring physicians. If anyone can get to the bottom of your digestive mystery, it's Dr. Smith! So don't write off your G.I. problems as a cold case or lost cause.

WHAT IS INVESTIGATIVE GASTROENTEROLGY?

The best way to describe Dr. Smith's Investigative Gastroenterolgy is: Never giving up on the patient until the patient gives up. So no matter what your G.I. mystery is, stick with Dr. Gregory Smith and he will stick with you until your case is solved.



WHAT IS COLON CANCER AND IT'S DAMAGE?

Cancer is the transformation of normal cells. The transformed cells grow and multiply abnormally.

• Left untreated, these cancers grow and eventually spread through the colon wall to involve the adjacent lymph nodes and organs. Ultimately, they spread to distant organs such as the liver, lungs, brain, and bones.

• Cancers are dangerous because of their unbridled growth. They overwhelm healthy cells, tissues, and organs by taking their oxygen, nutrients, and space.

• Most colon cancers are adenocarcinomas-tumors that develop from the glands lining the colon's inner wall.

• These tumors are sometimes referred to as colorectal cancer, reflecting the fact that the rectum, the end portion of the colon, can also be affected.

In the United States, 1 in 17 people will develop colorectal cancer.

Most insurance companies cover Colorectal Cancer Screenings.

