

Athens Gastroenterology Center

Your health care team rooting for you!

PHARMACY SAVINGS

COUPONS

Are moths flying out of your pockets as a result of spending all your money on prescription drugs?

Check out your local Wal-Mart, Publix, and Target Pharmacies for discounted over-the-counter drugs (OTC) and prescription drugs-- including antibiotics. Athens Gastroenterology Center will be more than happy to help you put savings back into your piggy bank by providing you with a list of drugs that these pharmacies are discounting.

The savings don't stop there! Ask us if we have a Drug Discount Card or Drug Coupon in stock for your prescription drug or OTC drug. There are also Prescription Assistance Programs you may be qualified for. We may be able to provide the website where you may apply for assistance.



WHAT'S THE PROBLEM?

GERD — it's a funny word that rhymes with nerd! The definition of GERD, however is not so funny. Its letters stand for gastroesophageal reflux disease. GERD is not contagious, but it's a fairly common disease. In fact, millions of adults and children-- even babies-- have this problem, and many do not even know it.

What is GERD? When chewed-up food slides down the esophagus and into the stomach, the acidic digestive juices begin to break down the food. A special type of muscle called a sphincter connects the esophagus and the stomach. The sphincter works like a gate. It opens up so food can get into the stomach, and then it closes again. This keeps the food and acidic stomach juices from flowing back into the esophagus. However, if the sphincter opens at the wrong time, there's a problem. Whatever's in the stomach goes the wrong way, which is back up into the esophagus. This is called reflux. Reflux means to flow back or return. So gastroesophageal reflux is when the stomach's contents flow back up into the esophagus. If a person has this problem on a long-term basis, it can gradually cause wear on the esophagus.

Just about everyone has reflux once in a while. Many people don't even feel it happening. Other people might feel something commonly known as heartburn. Heartburn describes an uncomfortable burning feeling behind the breastbone. Heartburn has nothing to do with the heart, but everything to do with your stomach and esophagus. When stuff from the stomach goes back up into the esophagus, the esophagus can become irritated because what's in the stomach is high in acid. That's what causes the burning feeling. Heartburn commonly happens after a meal. Eating too much at Thanksgiving, having spicy salsa, or wolfing down some pepperoni pizza right before bed can cause heartburn in a lot of people. Many people have this problem so often or so severely that it becomes a disease. It's no longer just reflux. Now it's GERD.

Certain foods can make GERD worse. Here are foods that affect some people: spicy, greasy (fried or fatty foods), chocolate, peppermint, carbonated or caffeinated drinks (soda, coffee, tea), tomato products (ketchup), mustard, vinegar, acidic foods or drinks (citrus fruits and juices), and some dairy products (whole milk).

Some common symptoms of GERD are: Heartburn, coughing, wheezing, hoarseness, abdominal pain, chest pain, burping, and belching. These uncomfortable feelings can last up to 2 hours. Lying down after eating, wearing tight clothes around the waist, or bending over, and some medications can make the symptoms worse.

If you've experienced any of the symptoms listed, you may want to talk to our medical providers about it. They may want you to have a test to get a better idea of what's going on. GERD can be managed with diet and medicine, but don't wait until more damage is done to be treated. Dr. Gregory Smith performs Upper Endoscopies (EGD), Esophageal Manometries, and esophageal pH Bravo studies to determine if you have GERD or other upper GI problems and what the possible causes may be in order to treat the problem appropriately. Talk to our medical providers today!

GASTROENTEROLOGY & HEPATOLOGY

PROCEDURES:

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

DISORDERS:

- * GERD/ Acid Reflux
- * Colon Cancer Screening
- * Ulcerative Colitis
- * Hepatitis A, B, & C
- * Crohn's Disease
- * Irritable Bowel Syndrome (IBS)
- * Liver Disease
- * Celiac Disease
- * Peptic Ulcers
- * Biliary Disorder



Gastroenterology Center & Endoscopy

Gregory Smith, M.D.



WHAT'S NEW @ AGC?

Are you embarrassed about hemorrhoids? Now you'll have no reason to be; Dr. Smith is now performing non-surgical hemorrhoid removals through the CRH O'Regan System, right here in his office! No driver needed. No pain medication required and virtually no recovery time needed. It's fast. It's painless. The best part is, you can return to normal activities the same day!

How is this possible? Simple-- Dr. Smith will place a tiny rubber band around the internal hemorrhoid to cut off its blood supply. The hemorrhoid then shrinks and falls off within a day or so. For most patients it requires 3 procedures. Then wa'la! You're done! For more information, please ask for a CRH Banding (or hemorrhoid banding) brochure or visit www.crhsystem.com.

Please consult with our medical provider to determine if the CRH O'Regan System is an appropriate treatment for your diagnosis during your examination as your symptoms may be due to other conditions.

DR. GREGORY S. SMITH



WHAT'S UP DOC?

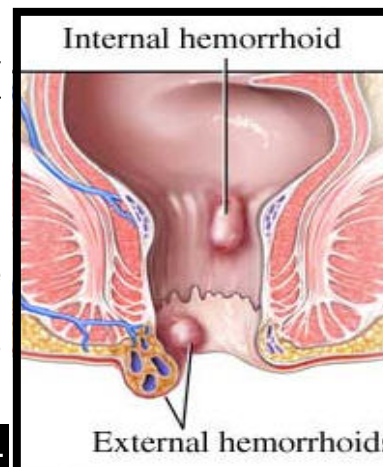
Dr. Gregory S. Smith is excited to announce his new endoscopy suite!

Athens Endoscopy, LLC

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!



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:

Now OPEN for procedures!
Phone: 706-433-0788

AGC & AE Newsletter: Issue 4

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COLON CANCER SCREENING:

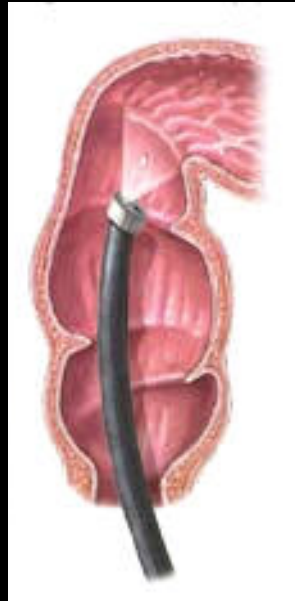
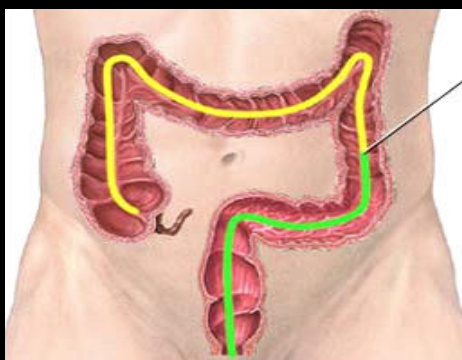
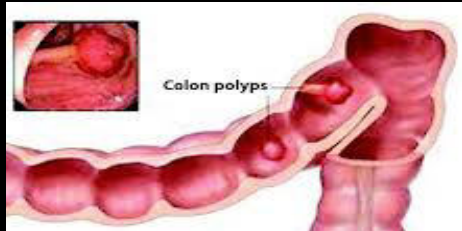
WHY SCOPE IT OUT?

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



Beat Colon Cancer to the colon track!

If you can remember the 60's, it's time to Get Screened!



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

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.

