



GASTROENTEROLOGY

Associates, PC

FALL 2022 | NEWSLETTER

**45
IS THE
NEW
50**

PHYSICIANS FROM THE AMERICAN COLLEGE OF GASTROENTEROLOGY RECOMMEND THAT **AVERAGE RISK ADULTS** BEGIN **COLORECTAL CANCER SCREENING WITH COLONOSCOPY AT AGE 45**



Colorectal Cancer: **YOU CAN PREVENT IT**
gi.org/ColonCancer



Patient Portal

If you are not already signed up for our portal, be sure to do so today! Our staff will need your email address to send you an invitation to sign up. You will receive your results faster through the portal, will have the opportunity to message the office and/or your provider with questions, and you are able to view and make payments. Please let our staff know if you need any assistance with utilizing our portal!

Services

We currently have openings available at our state-of-the-art Endoscopy Suites in Warrenton and Gainesville and office appointments available in our three office locations. Both of our Endoscopy Suites are AAAHC and ASGE accredited. All of our physicians are board certified. We perform colonoscopies, upper endoscopies and flexible sigmoidoscopies in both of our Endoscopy Suites.

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Warrenton Office

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Try this gut-friendly recipe at one of your holiday celebrations!



Gluten Free Thanksgiving Stuffing



You autumn
remember, to
prioritize your
gut health this
fall!

Ingredients:

- 1 (1 pound) loaf gluten-free bread (such as Udi's(R))
- Millet-Chia bread)
- 3 tablespoons olive oil
- 2 onions, diced
- 3 stalks celery, diced
- 1 teaspoon chopped fresh sage
- 1 teaspoon dried thyme leaves
- 3/4 teaspoon salt
- ground black pepper to taste
- 2 cups gluten-free chicken broth
- 2 large eggs

Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 3-quart baking dish.
2. Cut bread into cubes about 3/4-inch square and spread onto a baking sheet.
3. Bake in the preheated oven until crisp, 12 to 17 minutes.
4. Heat olive oil in a large skillet over medium heat. Cook and stir onions and celery in the hot oil until soft, 8 to 10 minutes. Stir sage, thyme, salt, and black pepper into the vegetables. Mix toasted breadcrumbs, chicken broth, and eggs into vegetables. Spoon dressing into the prepared baking dish and cover dish.
5. Bake in the preheated oven for 30 minutes, uncover, and bake until top of dressing is crisp and lightly browned, about 10 more minutes.

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Colonoscopy Reminder

Schedule your screening colonoscopy before December 31 to avoid any possible changes in your insurance benefits in the new year!

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