



FALL 2024 | NEWSLETTER



We are happy to announce that we will now be offering infusions for biologics patients in Manassas and Warrenton. Call for more information.

We are now offering more appointment dates for your diagnostic or screening colonoscopy in both our Gainesville and Warrenton Endoscopy Suites.



Scan here to learn more!



Colon Cancer Screening

The American Cancer Society recommends average-risk people start screening at age 45.

1 in 5 colorectal cancer cases are now in people under the age of 55.
33% of people diagnosed have a family history of colorectal cancer and are more likely to be diagnosed at an earlier age.

If you have a family history of colon cancer, you may need an earlier screening.
Consult your physician for a recommendation.

COLONOSCOPY: THE GOLD STANDARD

The only screening that detects and prevents cancer.

The only test recommended for people with risk factors such as a personal history of polyps or cancer, family history of cancer or inflammatory bowel disease

Your colonoscopy should be performed by a board certified gastroenterologist who is trained and perform thousands of these tests yearly, for best outcomes for you or your family member.

If you are interested in scheduling a colonoscopy, please talk with a staff member for more information.

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Michelle Bachtold, PA-C, Jackie Ramirez, PA-C,
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DIANA FRAHMAND, NP-C

Diana Frahmand ANP-BC. Diana joined our Practice in July 2024. She has over 20+ years as an RN in ICU, Emergency Department, Urgent Care and Endoscopy Suite experience, as well as being on the floor of the hospital caring for many patients. She attended Chamberlain University to obtain her Bachelor's of Science in Nursing. She graduated from Marymount University with a Masters of Science in Nursing and Nurse Practitioner. We are happy to have her part of our Practice. Please call the office for an appointment with Diana.

HEMORRHOIDAL BANDING

Hemorrhoid Banding can be performed in any of our offices. This method utilizes a non-surgical, patented device.

The procedure is:

FAST (as little as 60 seconds)

PROVEN EASY (no anesthesia, fasting or other prep)

PAINLESS (return to work after) with successful results and is covered by most insurance companies.

Make your appointment today!

Steps for Healthy Living

Give your diet a berry boost: Have a cup of mixed fresh berries daily.

They load you up on antioxidants!

Get dirty and stress less: To improve stress, plant a garden or flowers.

Floss Daily: Flossing reduces oral bacteria.

Be good to your eyes: Wear protective eyewear with sunglasses that block at least 99% of UV rays.

Get outside to exercise: Shed that cooped-up feeling and go play tag, cycle, swim or take a nature walk.

Vacation time: Vacations can lower blood pressure, heart rate and stress hormones.

Sleep well: Get a good night's sleep to wake up refreshed and ready for another summer day!

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