

## FALL 2025 | NEWSLETTER

# We are excited to welcome Brian Park, M.D. to our Practice!



Dr. Brian Park received his Bachelor of Science in Biology and Master of Science in Physiology and Biophysics from Georgetown University in Washington, DC. He joined the military and received his Doctorate of Medicine from Uniformed Services University of the Health Sciences in Bethesda, Maryland. His Internal Medicine Residency was at Walter Reed National Military Medical Center in Bethesda and his Gastroenterology Fellowship was at the Naval Medical Center in San Diego, CA. He is a board-certified gastroenterologist and a member of several national GI medical societies. He was a staff gastroenterologist from August 2022 until presently, at United States Naval Hospital in Okinawa, Japan before accepting a position at our practice. He is now settled in Virginia with his wife and children after his military service. Dr. Brian Park is bilingual in English and Korean. His schedule is open for patients for office visits and procedures. Call the office today to schedule an appointment with Dr. Brian Park. We are thrilled to have him as part of our Team!

### What is GI Genius?

The GI Genius intelligent endoscopy module is the first-to-market, computer-aided polyp detection system powered by AI. It was FDA approved in 2021. This unit empowers physicians to detect colorectal polyps through enhanced visualization during colonoscopy, it provides “another set of eyes” for the physician. There are benchmark goals for endoscopists to reach called adenoma detection rates (ADR). Studies show that endoscopists with higher ADR numbers more effectively protect their patients from colorectal cancer. The GI Genius module has been shown to increase ADR by up to 14.4%. GI Genius doesn’t replace the skills of a trained gastroenterologist, it enhances them.

Here at GAPC, we invest in technology that empowers our providers and supports our patients. We have a GI Genius and it is just one example of how we’re staying on the leading edge of innovation to bring better outcomes to our patients and the communities we serve.

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# On a Gluten Free Diet?

## Try this recipe!

Many of you have heard about gluten free diets. Some have adapted this diet to their everyday life. Cutting out gluten from your diet may seem like a difficult and limiting task. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. For example, beans, chia, corn, potatoes, rice, tapioca, and quinoa are a few.

Most beverages are gluten-free including juices, sodas and sports drinks. The celiac foundation is a great resource to access information about gluten free foods.

### Gluten-Free Chocolate Chip Cookies

#### Ingredients

- 1 1/3 cups (200g) gluten-free measure for-measure flour
- 1/4 cup (25g) almond flour
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup (113g) butter
- 1 tablespoon milk of choice
- 3/4 cup (160g) brown sugar
- 1/4 cup (50g) granulated sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 cup (170g) chocolate chips
- sea salt for sprinkling optional



#### Instructions

In a medium bowl, whisk together the gluten-free flour, almond flour, baking soda and salt. Set aside.

Melt the butter in a medium skillet over medium-low heat, stirring occasionally.

Once the butter is melted and begins to foam, stir continuously to prevent the milk solids from sticking to the skillet. The butter will change from yellow to golden brown quickly and will have a nutty aroma. Remove from the heat and immediately pour into a medium bowl.

Add the milk, brown sugar and granulated sugar to the brown butter. Whisk to combine.

Whisk in the egg and vanilla until smooth and creamy.

Using a rubber spatula, mix in the dry ingredients until well-combined. Stir in the chocolate chips.

Cover the bowl and let the dough sit at room temperature for 30 minutes.

Preheat the oven to 350°F. Line large baking sheets with parchment paper or silicone baking mats.

Scoop the cookie dough into round balls, about 2 tablespoons per ball. Place on the prepared baking sheet, about 2 inches apart.

Bake for 10-12 minutes or until the edges are golden brown and the center is set.

Remove from the oven and cool on the baking sheet for 5 minutes. Sprinkle with flaky salt, if desired. Transfer to a wire rack to cool completely.

Find more recipes at <https://meaningfuleats.com/>

