

# The Scope

September 2018 Edition



## *A Message From Dr. Kosc*

One of the founding physicians of GANJ, Dr. Gary Kosc has been a leader both in and out of the practice. Recently, he spoke to our patients through video on just what differentiates GANJ from the rest.

*"We are a large group of dedicated physicians who not only see patients from northern New Jersey, but also the whole state," he explained. "We are different from other groups in that we are community-based physicians with a multigenerational presence in our practices. We offer a private and friendly experience for you and your family, and we use the latest techniques to diagnose, treat and prevent colon cancer."*

Patients can see Dr. Kosc at his Woodland Park location. Appointment scheduling is available through our website or by phone at 973-812-8120.

## **National Celiac Disease Awareness Day**

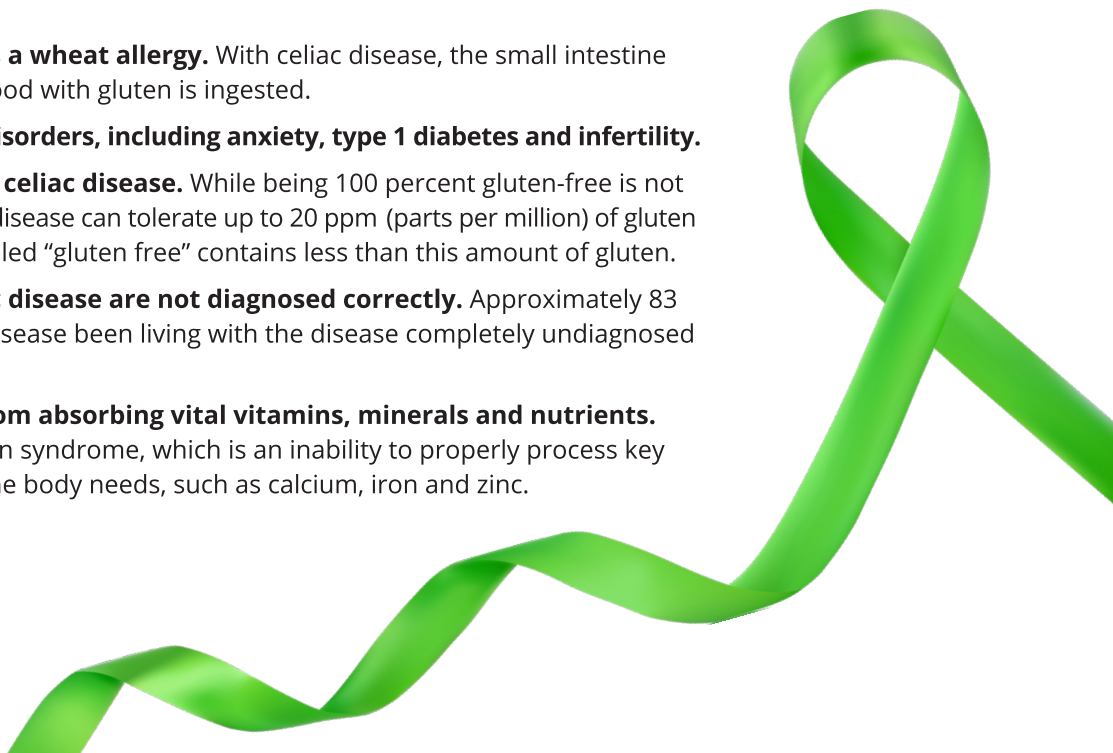
**September 13, 2018**

A condition that is estimated to impact **1 in every 133 Americans**, celiac disease is an autoimmune disorder in which consuming gluten—a protein found in barley, wheat and rye—results in damage to the small intestine.



***In honor of National Celiac Disease Awareness Day, we've gathered some interesting facts about the condition.***

1. **Celiac disease is not the same as a wheat allergy.** With celiac disease, the small intestine can become damaged when any food with gluten is ingested.
2. **It's linked to a number of other disorders, including anxiety, type 1 diabetes and infertility.**
3. **Only a gluten-free diet can treat celiac disease.** While being 100 percent gluten-free is not really possible, patients with celiac disease can tolerate up to 20 ppm (parts per million) of gluten in their diet. So, any food item labeled "gluten free" contains less than this amount of gluten.
4. **Most Americans who have celiac disease are not diagnosed correctly.** Approximately 83 percent of Americans with celiac disease have been living with the disease completely undiagnosed or misdiagnosed.
5. **Celiac disease keeps the body from absorbing vital vitamins, minerals and nutrients.** It is a major cause of malabsorption syndrome, which is an inability to properly process key vitamins, minerals and nutrients the body needs, such as calcium, iron and zinc.



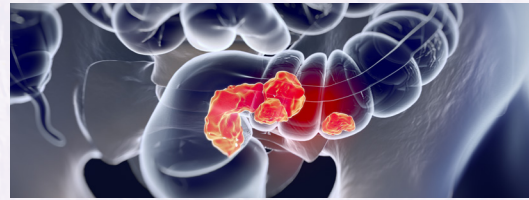
## Colorectal Cancer Prevention: *What You Need to Know*

At GANJ, our physicians and staff are dedicated to educating the community about colorectal screening information every day. *Currently, 1 in 3 American adults are not screened as recommended, yet patients have a 90 percent survival rate when colon cancer is found and treated early.*

With that in mind, let's take a look at some important information regarding colorectal cancer and screening.

### When should screening start?

- Most guidelines recommend average-risk individuals start screening at age 50
- African Americans and people with a family history of cancer or polyps should start screening earlier
- The American Cancer Society recommends average-risk individuals start screening at 45



### What are some effective screening tests?

- Colonoscopy is the ideal option, according to the Multi-Society Task Force on Colorectal Cancer
- Computed tomography (CT) colonography
- Cologuard®
- Flexible sigmoidoscopy
- Capsule endoscopy

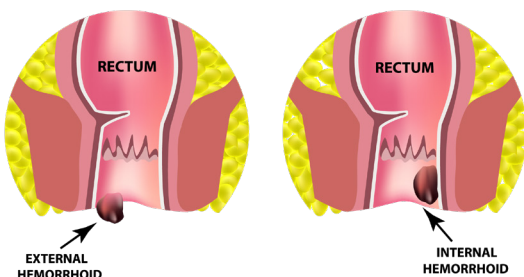
*Check out our website today to learn more or to schedule your screening!*

## 5 Tips for Treating Hemorrhoids

Hemorrhoids are inflamed veins under the skin around the anus (*external hemorrhoids*) or in the lining of the lower rectum (*internal hemorrhoids*).

*There are a number of remedies you can try in the comfort of your own home to alleviate hemorrhoid symptoms until they go away:*

1. Apply **witch hazel or aloe vera, natural anti-inflammatories**, to reduce pain and itching associated with hemorrhoids.
2. Apply a **cold compress or ice pack** to the anus and hold it there for 15 minutes to help reduce swelling.
3. **Increase your fiber intake and stay hydrated** to soften your stool and help it move through the bowels easier and avoid straining.
4. Take a **warm, 20-minute bath with Epsom salt after every bowel movement** can aid in soothing irritation and potentially reduce some of the inflammation
5. Take a break if you have to sit for long periods of time, such as for a desk job. Be sure to **get up every hour and move for at least five minutes**.



### Dr. Oren Bernheim

*Discusses Celiac Disease vs. Gluten Intolerance*

Celiac disease and gluten intolerance are two very different things, often confused with one another by the general public. Dr. Oren Bernheim of our Wayne location spoke on the topic.

*"The difference between celiac disease and gluten intolerance is that in celiac disease, there is active inflammation going on as the body's response to a protein found in wheat," Dr. Bernheim says. "Over time, this creates damage in the small intestine."*

With gluten intolerance, however, no physical damage or inflammation to the small intestine occurs. "Symptoms like bloating or abdominal discomfort can be present in those with gluten intolerance," Dr. Bernheim explains. Long-term side effects of celiac disease have led to a risk of developing certain cancers. With gluten intolerance, only the symptoms are present.

