

The Scope

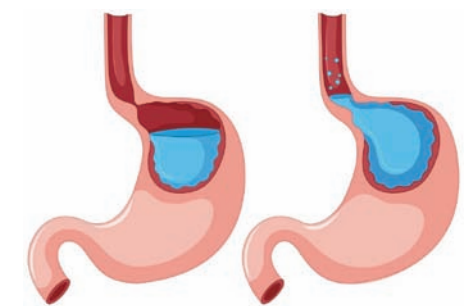
January 2019 Edition



GANJLLC.com

Procedure Highlight: GANJ Offers Bravo® pH Monitoring for GERD

The Bravo® pH monitor is a capsule-based, catheter-free alternative diagnostic procedure used to measure pH to effectively diagnose gastroesophageal reflux disease (GERD), also known as acid reflux disease. GERD occurs when the muscle at the end of your esophagus doesn't fully close or it opens too frequently, causing stomach acid to travel into the esophagus. During the procedure, the physician attaches a small capsule to the wall of the esophagus. The capsule then transmits pH information to a tiny receiver worn on the patient's person for a period of 48 hours. When the 48 hours are over, the data are uploaded and analyzed. The capsule is left to naturally pass through the digestive tract and is excreted.



PHYSICIAN FEATURE: Meet GANJ's Chief Information Officer, Dr. Steven Gronowitz



Dr. Steven D. Gronowitz is a gastroenterologist at Gastroenterology Associates of New Jersey (GANJ). He is double board certified by the American Board of Internal Medicine and the American Board of Gastroenterology. Prior to his position at GANJ, he was in private practice for over ten years. Dr. Gronowitz completed a fellowship in gastroenterology and hepatology at New York Medical College in Valhalla, NY. He also completed his residency and internship at Montefiore Medical Center in Bronx, NY.

In addition, he received his medical degree from SUNY Health Science Center at Brooklyn in Brooklyn, NY and his Bachelor of Arts in computer science and mathematics at Binghamton University in Binghamton, NY. Currently, he is an Assistant Professor at the Seton Hall-Hackensack Meridian School of Medicine. Dr. Gronowitz has conducted over ten oral/poster presentations throughout the course of his career on relevant topics regarding gastroenterology. He has also a recipient of

a Certificate of Distinction by The Leo M. Davidoff Society for outstanding achievement as a house officer in the teaching of medical students.

Dr. Steven Gronowitz joined GANJ in 2012 along with Doctor Andrew Boxer and Natan Krohn. They work out of our Clifton location located at 1011 Clifton Avenue Clifton, NJ 07013. They can be reached to book appointments at 973-471-8200.

Expert Tips: New Year's Resolution #1 is to Chew Your Food!

Making sure you chew your food completely is not necessarily something you will see on the list of "Top Ten New Year's Resolutions" anytime soon. Here at GANJ we want to emphasize the importance to the community. Raise your hand if this brings back memories of your mother or father saying "make sure you chew your food before swallowing!" Turns out, your parents weren't wrong. There are numerous benefits to making sure you take your time and chew your food as much as possible before swallowing and we're here to list those:

1. Avoid choking

Maybe the most logical choice of the bunch, but we have to list it first. Those who literally bite off more than they can chew run the risk of choking on their food. Whether it's something as soft as mashed potatoes, or as tough as a steak, trying to swallow too much can lead to choking. And as we all know, choking can possibly lead to death. When your windpipe is suppressed with food, air cannot travel into or out of your lungs. Thankfully, if caught in time, trained professionals, such as EMTs, nurses, and physicians are trained to dislodge food or objects from the esophagus. Remember, children are not the only ones who run the risk of choking.

2. Absorb More Nutrients and Energy From Your Food

Aside from making us feel full, we eat to gain nutrients that sustain our bodies throughout the day. For example, bodybuilders and athletes spend top dollar on foods that contain the right mix of proteins, carbohydrates, and vitamins for their daily needs. Wouldn't it be a shame if that all went to waste simply because they weren't chewing their food long enough? When food is chewed for longer, the enzymes in your saliva have a better chance of breaking down the nutrients in your food before they even get to the stomach and intestines.

3. Easier Digestion

We just finished speaking about saliva extracting vital nutrients from your food before your stomach and intestines can complete the job. The reason for this is that, as many people don't know, digestion begins the second food is placed in your mouth. Your saliva is filled with enzymes that begin breaking food down. Once the food reaches the stomach, the job has already begun. This lessens the burden on your digestive tract, and allows for softer food to pass through. Chewing your food too fast can lead to cramping, constipation, and bloating in the stomach.

4. Less Bacteria in the Intestines

When bigger particles of food enter the intestines, they risk a higher chance of sitting too long. When this happens, food will rot and bacteria will grow. Your digestive tract is made up of "good" and "bad" bacteria. When the bad guys take over, conditions such as IBS and constipation can take form. On the flip side, smaller particles of food that have already begun the digestion process will pass through the intestines at a healthier rate.

5. Enjoy Your Food

Very rarely do you have to rush through a meal. In fact, eating (as well as drinking) is just as, if not more, important than the event you are off and running to. Take ten to fifteen minutes and enjoy that meal you love so much. Chewing your food is not only good for you physically, but mentally as well. Many of us live hectic and fast-paced lifestyles, so taking fifteen minutes to enjoy your food to the fullest will only benefit you.



Remembering the Past, While We Look Towards the Future

The last ten years serving the North Jersey community have been a special privilege to our physicians and office staff. We've met thousands of patients, some new, some old, but each with a unique story. Always staying up-to-date with the latest technology, we've guided those in need on a path to wellness we hope they will travel on for the remainder of their lives. Over the next ten years, our physicians pledge to keep in line with innovative procedures breakthrough treatments and groundbreaking cures for even the most complex gastrointestinal disorders. On January 10th, 2019, all of our physicians and office staff gathered to celebrate the new year. This year we had more to celebrate, however, that being the official ten year anniversary of GANJ. The spacious room at the Brownstone welcomed 89 guests to hor'dourves, cocktails, buffet dinner and a dessert spread highlighted by a waffle and ice cream station.



Before the dancing began, CEO Dr. George Pavlou took the microphone to say a few words. "Ten years already?" He jokingly asked the invited guests. "It's certainly been a ride and a wonderful accomplishment to all of our physicians, medical assistants, and administrators." The joy was evident on his face as well as his peers that a group of our size, the largest in North Jersey, has been able to serve the community and impact so many lives over the course of a decade.