

May is National Digestive Diseases Awareness Month

There are many good reasons to pay attention to your gut. A healthy gut keeps your brain and heart in great shape. It can improve sleep, mood, and digestion.

The month of May is dedicated to raising awareness of digestive diseases so you can talk freely about issues and keep your gut in check.

Here are three ways to celebrate this national awareness month:

1. Check your gut – schedule an appointment with us today whether you are having issues or just want to make sure things are running smoothly.
2. Eat healthy – and keep your gut happy. Consider whole grains, leafy greens, lean protein, low fructose fruits, and avocados!
3. Talk – don't be afraid to have gut conversations with others. You might learn something or help address symptoms before they become a bigger issue.

Go with your gut this month and make healthy choices. [Click to learn more.](#)



More People are Developing Colorectal Cancer Younger. Why?

It can take a harmless piece of intestinal tissue as long as 10 years to grow into a life-threatening form of cancer. Surprisingly, in recent years, such growths are making this transformation at a younger age than traditionally expected resulting in more people in their 40s being diagnosed with colorectal cancer.



This cancer is the fourth most-diagnosed cancer, following breast, lung, and prostate cancers. With routine screening, these growths (or polyps) can be removed before they can become cancerous. Because colorectal cancer is on the rise in younger people, the CDC and the American Cancer Society have lowered the recommended age for colorectal cancer screenings to 45 from 50 – and younger if a person has a family history or certain intestinal conditions.

It's important for Millennials to start thinking about screening, especially since colorectal cancer is preventable when caught early. One day of preparation and a 15-minute procedure is far less disruptive and devastating than cancer treatment. [Read more.](#)

How Are We Doing?



Had a good experience? We want to know!
5-star reviews on [Google](#) are the best compliments.
If we didn't meet your 5-star expectations, tell us why [here](#).

Thinking of a No-carb or Low-carb Diet?

Spring is the time of year when some begin to realize they have gained a few pounds over the winter and are looking for ways to lose weight quickly before summer. Low-carb and no-carb diets tend to be popular solutions because they can result in rapid weight loss.

But are these diets healthy for our bodies? To answer that question, it's important to understand the role of carbs in digestion.

Carbohydrates provide energy for our bodies. Our microbiomes (those 40 trillion gut organisms that live in our guts) break down sugar and starch carbs into glucose which fuels metabolism in our cells. Extra carbs in our digestive systems become stored energy.



Fiber is another source of carbs. Think oats, whole grains, and legumes. However, these carbs are not turned into glucose and instead pass through the body undigested, supporting digestive health and "keeping us regular."

Our cells generally like carbs as a primary energy source so when carbs are eliminated, our microbiome needs to adjust. Before you choose to go on a low-carb diet, consult your physician and read more from our [recent blog here](#).

Meet Our Advanced Practice Providers

An advanced practice provider (APP) is a healthcare provider who is not a physician but who performs medical activities typically performed by a physician. It is most commonly a nurse practitioner or physician assistant, and they provide crucial support to doctors and patients through their own specialized knowledge and experience.

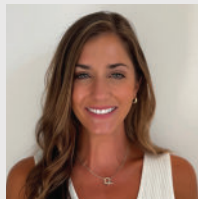
All of our APPs have undergone post-graduate medical education and clinical training, so they are well trained. They also require national certification to practice. If you visit an APP, he or she would have the authority to diagnose and treat acute and chronic conditions, and prescribe medications to treat those conditions.

Why visit an advanced practice provider instead of a physician? Chief among the benefits is faster availability. America is facing a physician shortage – the Association of American Medical Colleges estimates the shortage can reach 139,000 by 2033. As a result, doctors have very busy schedules. You can typically get an appointment with an APP quicker, and they can usually spend more time with you during your visit.

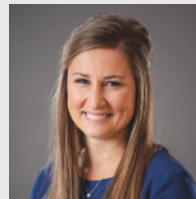
To request an appointment with one of our APPs, [click here](#).



Shannon Horvath, NP



Jenna Ionna, NP



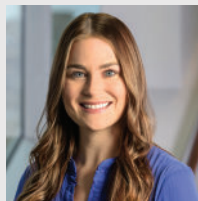
Hanna Kremer, NP



Catie Masin, CRNA



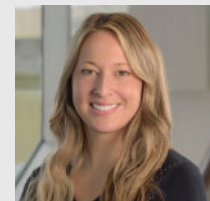
Annie Orlet, CRNA



Jacquelyn Potesta, CRNA



Emily Sizer, PA-C



Hannah Volkerding, NP

