



# GASTROENTEROLOGY

Associates, PC

## FALL 2022 | NEWSLETTER

**45  
IS THE  
NEW  
50**

PHYSICIANS FROM THE AMERICAN COLLEGE OF GASTROENTEROLOGY RECOMMEND THAT **AVERAGE RISK ADULTS** BEGIN **COLORECTAL CANCER SCREENING WITH COLONOSCOPY AT AGE 45**



Colorectal Cancer: **YOU CAN PREVENT IT**  
[gi.org/ColonCancer](http://gi.org/ColonCancer)



### Patient Portal

If you are not already signed up for our portal, be sure to do so today! Our staff will need your email address to send you an invitation to sign up. You will receive your results faster through the portal, will have the opportunity to message the office and/or your provider with questions, and you are able to view and make payments. Please let our staff know if you need any assistance with utilizing our portal!

### Services

We currently have openings available at our state-of-the-art Endoscopy Suites in Warrenton and Gainesville and office appointments available in our three office locations. Both of our Endoscopy Suites are AAAHC and ASGE accredited. All of our physicians are board certified. We perform colonoscopies, upper endoscopies and flexible sigmoidoscopies in both of our Endoscopy Suites.

Edward C. Kim, M.D., Jin H. Park, M.D., Myung Choi, M.D., Darren S. Baroni, M.D., Nina Phatak, M.D.  
Paul O. Arnold, M.D., Tinatin K. O'Connell, M.D., Rizwan Ahmed, M.D., Mylan Satchi, M.D., Fasika Abera, M.D.  
Christa Purdum, PA-C, Michelle Bachtold, PA-C, Jackie Ramirez, PA-C, Karleny Beltran, NP-C,  
Taylor Carlson, PA-C, Crystal McGovern, NP-C, Melissa Mehiel, NP-C



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### Manassas Office

8640 Sudley Road, Suite 201  
Manassas, VA 20110  
(703)-368-6819  
F (703)-330-2923

### Gainesville Office

7915 Lake Manassas Drive, Suite 302  
Gainesville, VA 20155  
(571)-248-0653  
F (571)-248-0658

### Warrenton Office

170 W Shirley Ave, Suite 205  
Warrenton, VA 20186  
(540)-347-2470  
F (540)-349-4683

## Try this gut-friendly recipe at one of your holiday celebrations!



### Gluten Free Thanksgiving Stuffing



**You autumn**  
remember, to  
prioritize your  
gut health this  
fall!

#### Ingredients:

- 1 (1 pound) loaf gluten-free bread (such as Udi's(R))
- Millet-Chia bread)
- 3 tablespoons olive oil
- 2 onions, diced
- 3 stalks celery, diced
- 1 teaspoon chopped fresh sage
- 1 teaspoon dried thyme leaves
- 3/4 teaspoon salt
- ground black pepper to taste
- 2 cups gluten-free chicken broth
- 2 large eggs

#### Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 3-quart baking dish.
2. Cut bread into cubes about 3/4-inch square and spread onto a baking sheet.
3. Bake in the preheated oven until crisp, 12 to 17 minutes.
4. Heat olive oil in a large skillet over medium heat. Cook and stir onions and celery in the hot oil until soft, 8 to 10 minutes. Stir sage, thyme, salt, and black pepper into the vegetables. Mix toasted breadcrumbs, chicken broth, and eggs into vegetables. Spoon dressing into the prepared baking dish and cover dish.
5. Bake in the preheated oven for 30 minutes, uncover, and bake until top of dressing is crisp and lightly browned, about 10 more minutes.

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### Colonoscopy Reminder

**Schedule your screening colonoscopy before  
December 31 to avoid any possible changes in  
your insurance benefits in the new year!**

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