

GASTROENTEROLOGY ASSOCIATES

PATIENT NEWSLETTER OCT-DEC 2015

PROVIDER UPDATES

We are pleased to introduce the following new provider:

Mark Cumings, MD



Dr. Cumings is a graduate of the Joan C. Edwards School of Medicine at Marshall University. His medical residency was completed at Tripler Army Medical Center followed by GI fellowship at Walter Reed National Military Medical Center. Dr. Cumings

is board certified in Gastroenterology. He and his wife Doris have seven children.

Our office will be closed on the following dates in observance of the holidays

- Thursday, November 26th
- Friday, November 27th
- Thursday, December 24th closed at noon
- Friday, December 25th

TIPS FOR COOKING A TURKEY

- It takes 4-5 days for a 20lb turkey fully defrost.
- Plan on cooking your turkey for 20 minutes per pound in a 350 degree oven.
- Before roasting, coat the outside of the turkey with butter, mayonnaise, or oil and tightly cover to prevent over browning.
- Create a foil tent over your turkey and let it sit about 25 minutes after removing from the oven before carving.
- Don't over-stuff your turkey to ensure even cooking. (Food Network, n.d.)

WHAT IS IBS?

IBS is a functional gastrointestinal disorder, which means that symptoms are due to dysfunction of the gut. Dysfunction often times occurs due to changes in the nerves or muscles that control the bowel. Symptoms can include but are not limited to abdominal pain, bloating diarrhea and/or constipation. IBS is more common in women and most often diagnosed in those under the age of 50. Approximately 10-15% of the adult U.S. population suffers from IBS, but only 5-7% are currently treated. There are treatments available to ease the symptoms of IBS, some treatments include a change in diet, medication therapies, and alternative therapies. (ACG, n.d.)

References:

ACG. (n.d.). *IBS FAQ's*. Retrieved from American College of Gastroenterology : <https://patients.gi.org/topics/irritable-bowel-syndrome/#>

Food Network. (n.d.). *Top Turkey Tips*. Retrieved from Food Network: <http://www.foodnetwork.com/holidays-and-parties/articles/top-turkey-tips.html>

Gastroenterology Associates is proud to be supporting the Thurston County Family Support Center this Winter. Our staff is currently hosting a Fall Bake Off Auction and will be donating proceeds to help families in need. In addition, we have proudly adopted two families and will be supplying items from their wish list. If you wish to donate, please contact:

Thurston County Family Support Center
Natalie Moran, Development Director
(360-754-9297) x218



Main Office:

500 Lilly Road NE, Suite 204
Olympia, WA 98506
360-413-8250
Fax 360-413-8330

Endoscopy Center:

500 Lilly Road NE, Suite 150
Olympia, WA 98506

Other Office Locations:

Yelm
201 Tahoma Blvd. SE, Suite 204
Yelm, WA 98597
Shelton
939 Mountain View Drive, Suite 120
Shelton, WA 98584

