

THE RIGHT PLACE FOR ALL OF YOUR DIGESTIVE HEALTH NEEDS

Dayton Gastroenterology specializes in restoring quality of life to sufferers of digestive disorders.



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It's easy to dismiss an episode of constipation, bloating, or diarrhea as an isolated incident. However, the symptoms of gastrointestinal disorders can increase in frequency over time. People often hope that the discomfort, inconvenience, and embarrassment such issues can cause will go away on their own or with the help of over-the-counter medicines. What they learn is that OTC products only treat symptoms and that the root causes of those symptoms cannot simply be hoped away.

Dr. Lisa M. Stone of Dayton Gastroenterology estimates that most new patients she sees have been living with chronic disorders of the bowel, such as irritable bowel syndrome (which affects a significantly larger number of women than men), for months or even years before seeking treatment.

"IBS causes a lot of women to fear leaving the house; the thought of what could happen if they can't get to a bathroom in time can be mortifying," says Dr. Stone. "They'll miss work, they'll miss school, they'll miss social events with their friends or their families because they don't feel well, and they're embarrassed. It's important for women to seek treatment to get these symptoms under control, so that they can get back to their normal lives."

DAYTON'S GOLD STANDARD

Dayton Gastro is the largest practice of its kind in the area. The practice has 22 board-certified gastroenterologists on staff, and its 11 physician assistants and nurse practitioners each has extensive experience treating gastrointestinal conditions. When patients require expert care, primary care providers and surgeons routinely refer them to Dayton Gastro.

Dayton Gastro has a well-earned reputation for taking on the most serious gastrointestinal issues, including diverticulosis, and also treats common stomach ailments and provides routine cancer screening services. Colorectal cancer is the third most commonly diagnosed form of cancer in the United States and the second-leading cause of cancer-related deaths. However, routine colonoscopy screenings starting at the American Cancer Society-recommended age of 45 greatly lower the risk of developing colon cancer.



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"We consider colonoscopy the gold standard because it allows for direct visualization and removal of polyps of the colon," says Dr. Stone. "Colon cancer is more treatable now thanks to advancements in surgical techniques and chemotherapy, but the best way to treat it is to prevent it."

Serious conditions of the bowel sometimes require surgery. However, Dayton Gastro's expert physicians use noninvasive means to treat patients whenever possible. Although medications, fiber supplements, and probiotics are all tools Dayton Gastro physicians use to help their patients, sometimes changes to a patient's diet or exercise routine are just as helpful. Strong negative emotions such as stress and anxiety can also cause gastrointestinal issues. Dr. Stone and her colleagues take their time to get to know each of their patients and take all factors into account before recommending a treatment plan.

"I make sure my patients don't feel rushed because I don't think you can develop a good doctor-patient relationship with a two-minute conversation," she says. "There has to be a level of trust between the doctor and patient. If we achieve that, we're a lot more likely to successfully help people."

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