

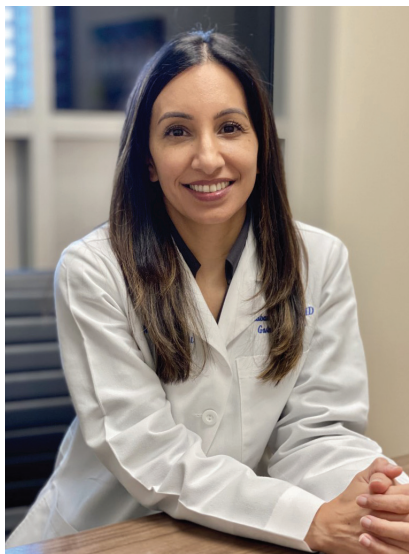
PIEDMONT TRIAD HEALTHCARE PROFILES

Compassionate Gastroenterology Care

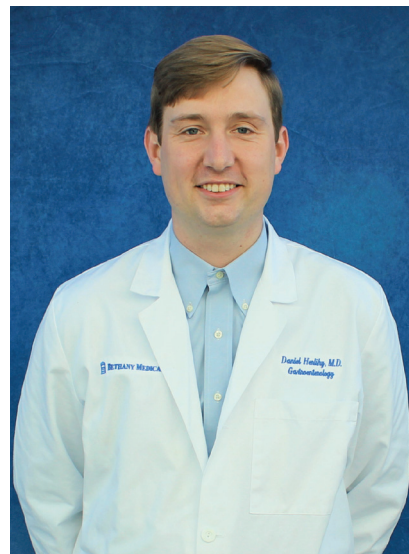
Colon screenings and life-altering incontinence treatment from **Bethany Medical** allow patients to live life on their own terms.



Radha V. Menon, M.D.



Shabana Shahid, M.D., Medical Director



Daniel Herlihy, M.D.

Abdominal pain. Trouble swallowing. Urinary or fecal incontinence.

These are just a few signs of more serious issues involving the digestive system that can be treated at Bethany Medical's Gastroenterology & Endoscopy Center. But rather than wait for symptoms to appear, it's recommended that anyone over the age of 45 receive a preventative screening.

"Colonoscopies are the gold standard when it comes to screening for colon cancer," says Shabana Shahid, M.D., director of gastroenterology. "There might be a large polyp or cancer in their colon they were unaware of that is easy to eliminate if it's detected early."

For one asymptomatic patient in his late 50s, it was a routine screening that may have saved his life. His bloodwork came back clean; he had no abdominal symptoms. But the colonoscopy revealed a large cancerous mass in the right side of his colon. If he didn't receive the screening, it would have developed into more aggressive cancer. Instead, he was cured with surgery.

Bethany Medical has made it even easier to get colon cancer screenings by making procedures available on Saturdays.

Erasing the Shame

More than a gastroenterologist, Dr. Shahid is an empathetic conversationalist who loves getting to know patients as individuals with unique emotional needs in addition to their health concerns. By developing the

Bethany Medical provides preventative measures and procedures for the following gastroenterology and hepatology conditions:

Gastroesophageal Reflux Disease

Barrett's Esophagus

Colon Cancer

Crohn's Disease

Ulcerative Colitis

Hemorrhoids

Irritable Bowel Syndrome

Fecal Incontinence

Hepatitis

Liver Disease/Cirrhosis

patient-physician relationship with compassion and understanding, she helps them feel safe when discussing sensitive topics such as urinary or fecal incontinence.

"Urinary and stool incontinence don't appear to be common problems because people don't feel comfortable talking about them, but they're as common as something like asthma and diabetes," says Dr. Shahid. "And it's not just something that happens to older demographics—there are treatment options regardless of their age."

Though common, bowel control problems shouldn't be brushed aside as a sign of aging or something beyond control. Treatment options may include medication, dietary changes, or a nonsurgical procedure that stimulates the nerves to control the bladder and rectum, allowing patients to live more freely and comfortably.

"Treating incontinence is the most satisfying part of my career so far. I get to help patients who won't leave the house or start a relationship because they can't hold their urine or stool," says Dr. Shahid. "No one should feel a need to limit their quality of life because of this. One of my patients has a home in Hawaii that she would never visit because she was afraid to get on an airplane. Months after treating her, she bought the plane ticket to go home. Hearing things like that is so satisfying."



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