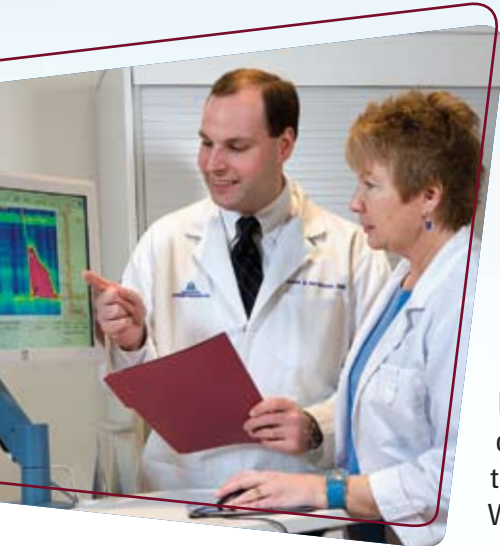


A RESOURCE FOR PRIMARY CARE PROVIDERS AND PATIENTS

The vision of Lancaster Gastroenterology's Heartburn Clinic is to be the first choice for primary care providers in our region to refer patients who suffer from GERD in an effort to dramatically reduce its complications including esophageal cancer.



Our mission is to raise community awareness about the signs, symptoms and potential consequences of untreated heartburn and offer state-of-the-art treatment. We specialize in comprehensive

care for esophageal disorders, including GERD, Barrett's esophagus (a precancerous condition) and early esophageal cancer.

From advanced diagnostics to breakthrough treatments, our board-certified gastroenterologists offer a variety of solutions to help those who suffer from heartburn. The clinic also provides on-going education, support groups and research opportunities.

TREATMENT OPTIONS FOR GERD

The key to successful treatment of GERD is accurate diagnosis. Once the diagnosis is confirmed, our gastroenterologists work closely with patients to control symptoms with simple lifestyle changes, dietary management, and conservative medical treatment. For patients with more complex medical problems associated with GERD, we offer the latest diagnostic tests and therapeutic procedures.

HOW TO CONTACT US

Appointments at the Heartburn Clinic may be scheduled:

By Phone: 717-544-3500 Ext:123.

Online: www.lancastergi.com.

By Fax: Primary care providers may fax request forms to 717-544-3599.

Express: A dedicated heartburn nurse will screen patients for *express scheduling* eligibility by phone without a prior office visit.

OUR PROVIDERS

David M. Weston, MD, FACP

Frederick C. Saunders, MD, FACP, FACC

Steve T. Chen, MD, FACP, FACC

Ameet N. Parikh, MD

Mark H. Johnston, MD, FACP, FACC, AGAF

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Sadiya S. Cheshty, MD

Vicki S. Wettig, MSN, CRNP

Terasa M. Astarita, MS, CRNP

Ruthanne M. Ashworth, MSN, CRNP

Robert J. Martin, MSN, CRNP

Julie A. Callender, MS, CRNP

Miriam B. Weiss, MSN, CRNP

Lavonne R. Johnston, MHS, PA-C



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LANCASTER
GASTROENTEROLOGY, INC.

Heartburn Clinic

*Team.
Technology.
Treatment.*

*An Answer
for Heartburn.*



HELP FOR HEARTBURN

Everyone knows heartburn is painful and disruptive to daily life, but few are aware that the symptoms could provide a life-saving warning. Doctors now know that while heartburn was once treated as a minor condition, research has uncovered links between heartburn and serious disease that could be stopped by early intervention.

In many cases, the discomfort of heartburn begins with gastroesophageal reflux disease (GERD) – a chronic condition that allows acidic juices to back up (reflux) into the esophagus (food pipe) instead of remaining in the stomach where they belong.

Recent studies show that even relatively mild heartburn can increase your risk for Barrett's esophagus or even cancer of the esophagus – the fastest growing cancer in America.* To determine if the heartburn you experience is an *early warning* of serious health problems, it's important that you seek medical help for an accurate diagnosis. A simple test can often be scheduled over-the-telephone without a prior office visit.

* *Gastroenterology* – AGA Journal, March, 2009



A TOUCH OF HEARTBURN OR SOMETHING MORE SERIOUS?

Visit www.lancastergi.com to take our quiz to determine when it's time to call the doctor for your heartburn symptoms.

OUR SERVICES

Among the advanced diagnostic tests and treatments we provide are:

- *CryoSpray Ablation Therapy* – a technique invented by LGI gastroenterologist Mark Johnston, MD, which uses a spray of liquid nitrogen to treat cancerous and precancerous conditions of the esophagus
- *Endoscopic ultrasound (EUS)* – a technically demanding and complex imaging technique gastroenterologists use to examine the lining and walls of the upper and lower gastrointestinal tract and nearby organs such as the pancreas, liver and gallbladder
- *High resolution esophageal manometry* – a test gastroenterologists use to identify problems with movement and pressure in the esophagus
- *24 and 48-hour esophageal pH testing* – to diagnose GERD and determine the effectiveness of medications that are given to prevent acid reflux
- *Botox injection* – to paralyze and relax the muscles of the esophagus in patients with certain conditions
- *Esophageal dilation* – a procedure the physician uses to stretch a narrowed area of the esophagus
- *High definition endoscopy* – provides physicians with greater clarity and visibility when examining the lining of the GI tract using imaging and video technology

CARE FOR MIND, BODY AND SPIRIT

At the Heartburn Clinic, we see each patient as a unique creation of God. Our practice of medicine is based on a holistic approach to healthcare that addresses the entire person—the physical, emotional and spiritual dimensions. We are committed to providing exceptional care while preserving each person's dignity, demonstrating compassion and showing respect for all faith traditions.

MEET THE CLINIC'S DIRECTOR

Mark H. Johnston, MD, FACP, FACG, AGAF

A former Navy Medical Officer, Dr. Johnston has treated members of Congress and served as gastroenterologist to the White House. He is a noted medical inventor, having patented a device to treat Barrett's Esophagus and early esophageal cancer. Dr. Johnston is board certified in Internal Medicine and Gastroenterology and earned his medical degree at Hahnemann University, Philadelphia. He completed his residency and GI fellowship at the National Naval Medical Center, Bethesda, MD.



OTHER TEAM MEMBERS

Joining Dr. Johnston in providing care tailored to each patient's needs are:

Sadiya Cheshty, MD, with expertise in endoscopic ultrasound

Justin J. Harberson, MD, with expertise in manometry

Lavonne R. Johnston, MHS, PA-C, with expertise in Barrett's Esophagus

Faith Cranford, CGRN, nurse coordinator



Lavonne R. Johnston, MHS, PA-C; Faith Cranford, CGRN; Justin J. Harberson, MD; Mark Johnston, MD, FACP, FACG, AGAF and Sadiya Cheshty, MD