

Local Physician-Inventor Fights Barrett's Esophagus and Early Cancers!



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

When Lancaster Gastroenterology, Inc (LGI) recruited Dr. Mark Johnston to join their practice they not only gained a board certified gastroenterologist, but also an acclaimed medical inventor.

Dr. Johnston invented a potential new cure for Barrett's esophagus, a sometimes painful and potentially deadly throat condition. Barrett's esophagus results from chronic acid reflux (heartburn) in which the cells lining the esophagus, a muscular tube that carries food to the stomach, can become cancerous.

Dr. Johnston's pioneering technique is called Cryospray Ablation meaning "Frozen Removal". The patented device sprays focused medical-grade liquid nitrogen on the lesions (unwanted tissue) in the esophagus. The extreme cold eliminates the lesions. Amazingly, the U.S. Food and Drug Administration (FDA)-approved breakthrough was originally constructed in his garage using parts from home-supply stores. From humble beginning, the device has already produced life-saving results. Johnston notes with excitement that, "Cryospray Ablation has been proven in current studies to be safe and effective for eliminating Barrett's esophagus and early cancers."

According to 2008 National Cancer Institute statistics, esophageal cancer is the 6th leading cause of cancer deaths among men in the United States and is estimated to kill a staggering 14,280 of the 16,470 persons diagnosed in 2007 or nearly 90% of those afflicted! The primary risk factors are GERD (heartburn), Bar-

rette in preventing colon cancer, the Cryospray may become a similarly routine tool to prevent esophageal cancer. Based on accepted standards of care, anyone with even mild heartburn should be screened for Barrett's esophagus.

Several years of data confirms that Cryospray Ablation works. Long-term trials

patients complete between three and eight, 30-minute sessions at six-week intervals. The results, on average, showed patients completely cancer free at 13 months. In one soon-to-be-published study, cryospray ablation caused remission in early-stage esophageal cancer for 90 percent of the 80 patients treated, Johnston said.

Dr. Johnston's Cryospray. Over 1,000 patients have been treated with his device. Johnston noted, "Thankfully, Lancaster County residents no longer need to travel to expensive urban medical centers for this cutting-edge technology." Lancaster Regional Medical Center (LRMC) owns a CryoSpray device and, unlike other centers with the technology across America, the inventor personally performs all Cryospray Ablation procedures. To arrange a confidential appointment with Dr. Johnston, patients may contact LGI at 717-544-3500 or log-on to www.lancastergi.com.

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Dr. Mark Johnston, MD, FACP, FACC, AGAF, served as a U.S. Navy physician for 20 years retiring as a Captain (O-6) in 2005. His last assignment was at the National Naval Medical Center in Bethesda, Maryland, where he was Chief of Gastroenterology and the Comprehensive Colon Cancer Center. He served as gastroenterology consultant to the White House, U.S. Congress and the Supreme Court. He completed medical school at Hahnemann University, Philadelphia. He has spoken nationally and internationally in his area of research: GERD, Barrett's esophagus and esophageal cancer. He is also president of the Albanian Health Fund, a medical missionary society. Dr. Johnston has received numerous awards including the State of Maryland's Innovator of the Year Award for his patented CryoSpray device to treat Barrett's Esophagus and early esophageal cancers.

rett's esophagus and obesity. If Barrett's esophagus could be cured, it would halt progression towards such a lethal cancer. Just as routine colonoscopy beginning at age 50 has proven to be ef-

are underway to measure just how big a breakthrough this technology will be, but to the patients already healed by this device, there is no doubt that Dr. Johnston's invention has changed their lives. Most

This breakthrough has not gone un-noticed. In fact, 60 of the top medical centers in the country such as Mayo Clinic, Cleveland Clinic, and Massachusetts General have established programs using