

ACCREDITATIONS &
CERTIFICATIONS

American Board of Internal Medicine



American College of Physicians



American College of Gastroenterology



American Gastroenterological Association



American Nurses Credentialing Center



American Academy of Nurse Practitioners



National Commission on Certification
of Physician Assistants



LANCASTER
GASTROENTEROLOGY, INC.

The
Practice of
Health
Caring



LANCASTER
GASTROENTEROLOGY, INC.

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THE PRACTICE OF HEALTH CARING

Some say we practice medicine the old-fashioned way ... face-to-face and unrushed, listening, advising, and reassuring you every step of the way. For 40 years, we have provided care to our neighbors in South Central Pennsylvania. Supported by the most advanced technology available, we practice modern medicine with the timeless virtue of compassion. We are faithful to our vision to be The Practice of Health *Caring*.



HEALTH CARE PROFESSIONALS WHO COLLABORATE IN YOUR CARE...

Our expertly trained healthcare team will walk you through every step from initial consultation and diagnosis to treatment. We work closely with you to personalize service and customize a treatment plan. In the event of an emergency, one of our gastroenterologists is available 24 hours a day to consult with you and your family physician.

...AND SEE YOU AS A UNIQUE CREATION OF GOD.

Our practice of medicine is based on a holistic approach to healthcare that addresses the entire person. We treat all aspects of our patients: the physical, emotional and spiritual dimensions which are unique to each individual. We are committed to providing exceptional care in an environment that preserves one's dignity, demonstrates compassion and shows respect for all faith traditions.

EXPERTS IN THE PREVENTION, DIAGNOSIS AND TREATMENT OF DIGESTIVE DISEASES

Swallowing. Digestion. Elimination. You're hardly aware of the natural rhythms of your body's internal process. When something goes wrong with your digestive system, it greatly affects your quality of life.

Perhaps your family doctor has referred you to Lancaster Gastroenterology, Inc. (LGI) for persistent heartburn or bowel problems. It could be time to take advantage of colonoscopy—a pain-free procedure that can stop colon cancer before it starts. Whatever the reason, you need the expertise of a skilled and compassionate board-certified gastroenterologist.

LGI physicians are board certified by the American Board of Internal Medicine (ABIM) in Internal Medicine and Gastroenterology. Several have been granted the prestigious title of "Fellow" from the nation's top physician associations for outstanding contributions in research, teaching, and other clinical achievements.

HOW DO YOU KNOW IF YOU NEED A GASTROENTEROLOGIST?

You may benefit from the specialty care of a gastroenterologist if you are experiencing one or more of the following symptoms:

- Persistent nausea and vomiting
- Difficulty swallowing
- Heartburn
- Recent or progressive constipation
- Bleeding from the bowel (black or red stools)
- Abdominal pain
- Change in bowel habits
- Persistent diarrhea
- Jaundice (yellowing of the skin or eyes)



DIGESTIVE AND LIVER DISORDER EXPERTS

In addition to colorectal cancer, our GI experts provide detection and treatment of other common digestive disorders including:

- Irritable Bowel Syndrome (IBS)
- Barrett's esophagus
- Constipation
- Hepatitis
- Crohn's disease
- Gallstones
- Gastroesophageal reflux disease (GERD)
- Heartburn
- Lactose intolerance
- Celiac disease
- Pancreatitis
- Swallowing disorders
- Ulcerative colitis
- Ulcers of the stomach
- Diverticulosis

EXCLUSIVE GI PATHOLOGIST

LGI is the first practice in Lancaster County with an in-office pathology lab. The County's only GI pathologist analyzes your tissue specimens on-site in our state accredited, modern lab. We provide your family physician with a fast and accurate diagnosis.

PAIN-FREE COLONOSCOPY: SIMPLE, LIFE SAVING



We are proud to be the first practice in Lancaster County to offer pain-free colorectal cancer screening—a simple test that could save your life. Without a colonoscopy, you may not know if you are among the 150,000 Americans this year who will develop colorectal cancer, America's number #2 cancer killer.

- Colonoscopy is recommended for everyone age 50 or older.
- Colonoscopy can identify colon polyps before they become cancerous. We can also detect cancer in its early stages when it is most curable.
- When diagnosed early, 90 percent of colorectal cancers are completely curable.

To ensure you are pain-free and comfortable during all procedures we use propofol, a safe and proven anesthesia.

We understand that no one looks forward to a colonoscopy, but you may rest assured that your dignity will be preserved. We are sensitive to the intimate nature of GI procedures and maintain strict privacy during your procedure.

Procedures are performed at the Lancaster Gastroenterology Procedure Center (LGPC) at the Lancaster General Suburban Outpatient Pavilion.



We also provide both inpatient and outpatient care at the following health care facilities:

- Lancaster General Hospital
- Lancaster General Women and Babies Hospital
- Lancaster Rehabilitation Hospital
- Lancaster Regional Medical Center



Americas Best Hospital's

Lancaster General Hospital is ranked 40th nationally by U.S. News and World Report as one of the Best Hospitals for **Digestive Disorders**. LGI is proud to have helped Lancaster General Hospital achieve this rating by providing excellent patient care as one of their gastroenterology providers.

* The blue star symbol represents the eternal memory of those whose lives have been lost to colorectal cancer (CRC) and the shining hope for a future free of this disease. www.ccalliance.org



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 (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*

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 at the bottom 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

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.

STOPPING DISEASE COLD: CRYOTHERAPY ABLATION

Cryo means freezing and ablation means removing. CryoSpray Ablation therapy, or Spray Cryotherapy, removes unwanted tissue by freezing it with a spray of liquid nitrogen. Liquid nitrogen is extremely cold and freezes tissue almost immediately.

LGI physicians are now using cryotherapy to treat cancerous and precancerous conditions of the esophagus. LGI was one of the first sites in the world to offer CryoSpray ablation and remains a leading center for the use of this procedure. In fact, LGI's Dr. Mark Johnston is the inventor of the Cryospray device and technique. This FDA-approved and patented technology is now offered at over 60 major medical centers across the country.

Using the CryoSpray Ablation System, your doctor will spray liquid nitrogen on the unwanted tissue to freeze and destroy it. The target area will be frozen and thawed for a period of time as determined by your doctor. The freeze-thaw cycle is typically repeated several times. Following treatment, the frozen tissue dies and falls off allowing new tissue to regenerate in its place.

CANDIDATES FOR CRYOTHERAPY ABLATION

Patients who have:

- Barrett's esophagus with high-grade dysplasia
- Severe squamous dysplasia of the esophagus
- Early stage esophageal cancer not amenable to standard therapies including surgery, chemotherapy, and radiation therapy.

“Dr. Johnston really has been an innovator, a real pioneer in these issues. I think (cryotherapy) holds great promise as potential treatment for esophageal cancer and pre-cancer of the esophagus. The early data on it are very promising.”

– Nicholas Shaheen, MD, Associate Professor of Medicine and Epidemiology, University of North Carolina.

WHY SHOULD I CHOOSE SPRAY CRYOTHERAPY?

Spray Cryotherapy offers numerous patient benefits:

Easy on you. Spray Cryotherapy is usually an outpatient procedure. Treatment can take as little as 30 minutes.

You can quickly return to normal activities. Patients often resume their regular activities the next day.

Accepted and adopted. Spray Cryotherapy is used by over 60 highly respected medical centers in the country.

Proven technology. Cryotherapy has been used successfully since the 1950s to treat diseased tissue in many parts of the body including skin, breast, liver, prostate, cervix, and lung.

A versatile treatment. Spray Cryotherapy treatment is delivered by spraying liquid nitrogen that can treat hard-to-reach tissues in crevices that wouldn't otherwise be touched by contact ablation methods.

Peace of mind. Spray Cryotherapy is an attractive alternative to other, more invasive forms of treatment and unlike any other medical center in the world, all procedures at LGI are performed by the inventor, Dr. Mark Johnston.



MEET OUR PHYSICIANS

David M. Weston, MD, FACP, FRCG

Dr. Weston founded LGI in 1971 and is considered the “father of endoscopy” in this region having been the first to introduce modern GI procedures and technology to Lancaster General Hospital (LGH). Dr. Weston is board certified in Internal Medicine and Gastroenterology. He earned his medical degree at the University of Minnesota Medical School, and completed his residency and GI fellowship at LGH and the University of Minnesota Affiliated Hospitals.



Frederick C. Saunders, MD, FACP, FRCG

Dr. Saunders is a noted former Professor of Medicine at Loma Linda Medical School and medical pioneer. He was among the first to perfect a complex GI procedure known as ERCP. Dr. Saunders is board certified in Internal Medicine and Gastroenterology. Dr. Saunders is a graduate of the Loma Linda University School of Medicine. He completed his residency and GI fellowship at the University of Washington School of Medicine.



Steve T. Chen, MD, FACP, FRCG

A former Army Medical Officer, Dr. Chen is board certified in Internal Medicine and Gastroenterology and earned his medical degree at Jefferson Medical College. He completed his residency and GI fellowship at Walter Reed Army Medical Center and the University of Cincinnati. He is a two-time winner of the LGH “Teacher of the Year” award. He also participates regularly in overseas mission service.



Ameet N. Parikh, MD

Dr. Parikh is board certified in Internal Medicine and Gastroenterology and earned his medical degree at Smt. N.H.L.M. Medical College, Ahmedabad, India. He completed his residency and GI fellowship at the University of Medicine and Dentistry. Dr. Parikh was formerly Chief Medical Resident at the VA Medical Center, where he conducted published research into colon cancer screening among inner city patients.



Mark H. Johnston, MD, FACP, FRCG, 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. He completed his residency and GI fellowship at the National Naval Medical Center.



Paul D. Allegretti, DO

Dr. Allegretti is board certified in Internal Medicine and in Gastroenterology. He earned his degree as doctor of osteopathy at the Philadelphia College of Osteopathic Medicine. Dr. Allegretti completed his residency and GI fellowship at Lankenau Hospital where he earned top honors as the best teaching resident.



Justin J. Harberson, MD

Dr. Harberson is board certified in Internal Medicine and Gastroenterology. Dr. Harberson earned his medical degree at the Temple University School of Medicine where he studied under the world’s leading expert in gastroparesis. He completed a three-year fellowship in Gastroenterology at Temple University Hospital. He is a past recipient of the “Resident of the Year” Award and earned 2007 honors from the American Motility Society as a research investigator.



MEET OUR BOARD CERTIFIED PROVIDERS

Vicki S. Wettig, MSN, CRNP

A ten-year veteran of Lancaster Gastroenterology, Ms. Wettig earned her bachelor's and master's degrees in nursing from Millersville University where she was a member of the International Nursing Honor Society. She completed her initial training as a Registered Nurse at St. Joseph Hospital School of Nursing. Ms. Wettig is a board certified nurse practitioner through the American Academy of Nurse Practitioners. She brings prior nursing experience from Willow Valley Lakes Manor, Lancaster General Hospital and Saint Joseph's Hospital.



Julie A. Callender, MS, CRNP

Ms. Callender earned her Bachelor of Science degree in nursing from the University of Maryland where she later returned to earn her master's degree. She completed the blended Clinical Nurse Specialist and Nurse Practitioner program in Trauma/Critical Care/Emergency Nursing. Ms. Callender is board certified as an Acute Care Nurse Practitioner by the American Nurses Credentialing Center. She has a strong background in critical care nursing and has previously served in nursing leadership roles at the Johns Hopkins Hospital, York Hospital and Hershey Medical Center.



Ruthanne M. Ashworth, MSN, CRNP

Ms. Ashworth earned her bachelor's degree in nursing at the State University of New York (SUNY) at Brockport and her RN credential at SUNY Alfred. She received both a master's degree as a Clinical Specialist in Family Nursing and completed her nurse practitioner training at SUNY Binghamton. Ms. Ashworth is a board certified nurse practitioner through the American Nurses Credentialing Center. She brings significant family medicine experience from practices in New York and Pennsylvania.



Laura D. Walsh, MMS, PA-C

Ms. Walsh completed her bachelor's degree in biology at Virginia Tech in Blacksburg, Virginia. Her physician assistant studies and training were at Methodist University in Fayetteville, North Carolina where she earned her degree in Master of Medical Science in Physician Assistant Studies. Ms. Walsh is a board certified physician assistant by the National Commission on Certification of Physician Assistants. She is a member of Gastroenterology Physician Assistants (GIPA) and the American Academy of Physician Assistants (AAPA). Ms. Walsh brings gastroenterology experience from Carilion Medical Group in southwest Virginia.



Robert J. Martin, MSN, CRNP

Mr. Martin earned his bachelor's degree in nursing from York College of Pennsylvania, where he graduated Cum Laude. His bedside nursing experience includes several years as an Intensive Care Unit (ICU) nurse at Hershey Medical Center. Building upon his extensive experience in nursing, he earned a master's in nursing from Millersville University and pursued graduate research in gerontological care. Mr. Martin is a board certified nurse practitioner through the American Nurses Credentialing Center. He is also a member of Sigma Theta Tau; the International Honor Society of Nursing.



Lavonne R. Johnston, MHS, PA-C

Ms. Johnston earned her bachelor's degree in health sciences while training as a physician assistant at Hahnemann University in Philadelphia, PA. Ms. Johnston also holds a bachelor's degree in Biology from Roberts Wesleyan College in Rochester, NY, and a Master of Health Science degree from George Washington University. Ms. Johnston is a board certified physician assistant by the National Commission on Certification of Physician Assistants. Her previous experience includes advanced GI medical research along with caring for patients in pediatrics and occupational health settings.



Terasa M. Astarita, MS, CRNP

Ms. Astarita earned her bachelor's degree in nursing from York College of Pennsylvania and a master's in Trauma/Critical Care Nursing from the University of Maryland. She completed a post-master's Adult Primary Care Nurse Practitioner's certificate program at the Johns Hopkins University School of Nursing. Ms. Astarita is a board certified nurse practitioner through the American Nurses Credentialing Center. Highlights of her experience include serving as adjunct Acute Care faculty at York College of Pennsylvania, Staff Development Educator in Home Health Care, and a member of the Johns Hopkins Hospital's Neuro Critical Care Unit. She is published in the areas of HIV, Gastroenterology and Home Health Care. She is the lead author of the book entitled, Competency in Home Care and has lectured nationally on the topic. Ms. Astarita has special interests in liver and inflammatory bowel disease and has been in practice with LGI since 2000.



INSURANCE AND PAYMENT INFORMATION

We accept most medical insurance health plans. Our knowledgeable staff will answer any questions you may have. We also accept most major credit cards, personal checks, and cash for co-payments or deductibles.



HOW TO CONTACT US

For directions go to www.lancastergi.com or call **717.544.3500**.

To schedule an appointment at our Lancaster office, please call **717.544.3500**.

To schedule a colonoscopy at the Lancaster Gastroenterology Procedure Center, please call **717.544.3500** or go to www.lancastergicenter.com.



To contact our practice administrator call **717.544.3500** and press "0" or e-mail management@lancastergi.com.

For billing and insurance questions, please call **717.544.3500 ext. 128**.

