



# SAVING LIVES through AWARENESS

The Center for Digestive Health kicks off Colon Cancer Awareness Month by educating you on your risks for developing colon cancer and the importance of screenings.

**M**arch marks the beginning of Colon Cancer Awareness Month. But it's not just enough to know that colon cancer is a killer for men and women of every race and all walks of life. The doctors at the Center for Digestive Health (CDH) want you to know that whether you have Crohn's disease, ulcerative colitis, gastroesophageal reflux disease (GERD), or no known illness, a colon screening is for everybody.

Here's some useful information about colon cancer prevention you may not be aware of.

### Are you aware that colon cancer can be prevented?

Colon cancer is one of the only cancers that gives a warning before it turns deadly. Non-cancerous polyps develop first and, when found early through regular and frequent screenings, can be removed before they turn into cancer.

### Are you aware that many times there are no outward symptoms of colon cancer?

In many cases there is no pain, no bleeding and no unusual changes in bathroom habits to indicate to a patient that anything may be wrong. That's why screenings are so important and life-saving.

### Are you aware that a colonoscopy and other colon cancer screenings are painless and often done as an outpatient procedure?

CDH has its own fully licensed and accredited, state-of-the-art endoscopy center; the Center for Digestive Endoscopy. The primary focus of its dedicated team of endoscopy professionals is to ensure safety, comfort and well-being for all patients. CDE has an expert anesthesia team, consisting of an anesthesiologist and CRNAs that provide Propofol-assisted endoscopic procedures (colonoscopy and upper endoscopy) which assure patients have no discomfort or embarrassment.

### Are you aware there are tried and true ways to make preparation for a colonoscopy easier?

Dr. Levine says the bad-tasting and hard-to-swallow "magic gallon" that many patients must drink to clean out their colon isn't the only way to prepare for a colonoscopy.

### Are you aware of when and how often you should have a colon cancer screening?

If you don't have a history of colon cancer, the standard is to have a screening done at age 50. Repeat screenings should be done every 5-10 years thereafter, depending on what your doctor deems necessary.

### Are you aware the CDH is the only Central Florida gastroenterology practice with an endoscopy center that has offices in all four counties?

CDH has offices in Lake, Osceola, Orange, and Seminole counties. Because of this large coverage, CDH is often able to give same-day appointments.

### Are you aware that other gastrointestinal illnesses can be treated at CDH?

CDH doctors have extensive training and experience treating gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), ulcerative colitis, peptic ulcer disease, pancreatitis, Celiac sprue, and other chronic and acute liver and pancreatic disorders. CDH also treats illnesses such as Crohn's disease and ulcerative colitis in its infusion center.

### Advanced Diagnosis and Treatment

A number of advanced technologies are available by all the CDH physicians. To name a few, capsule (pill camera) endoscopy, Barrx, ERCP and BRAVO ph monitoring. These studies allow the physicians to understand more about their patients' conditions and subsequent treatment.

With the addition of Dr. Samuel Giday, the Center for Digestive Health is proud to be able to offer some of the most cutting-edge technologies for the advanced treatment of chronic illness such as pancreatitis and other conditions. Trained at Johns Hopkins Hospital, Dr. Giday is skilled at endoscopic ultrasound as well as ERCP—a technique that enables stones, tumors, and other conditions of the bile ducts and pancreas to be treated in a minimally-invasive manner without the need for surgery.

### Henry Levine, MD, FACP, AGAF

Dr. Levine is a graduate of Johns Hopkins University and founded the Center for Digestive Health in Orlando in 1982. Prior to his arrival in Orlando he was a teacher of medicine/gastroenterology at Johns Hopkins and the Virginia Commonwealth University. In Orlando he continues teaching at Florida Hospital, Orlando Health, and the new UCF Medical School. In addition to his expertise in basic gastroenterology, he focuses on inflammatory bowel disease, esophageal reflux disease, and advanced therapeutic endoscopy.



### William Ruderman, MD, FACP, FACC

Dr. Ruderman joined the Center for Digestive Health in 1995. His medical training includes Columbia University followed by three years residency in internal medicine at Emory University. After completing a fellowship in gastroenterology at the University of Colorado, he joined the faculty of the Cleveland Clinic in Ohio. In 1988 he was named chairman of gastroenterology at the Cleveland Clinic in Fort Lauderdale.

### William Mayoral, MD

Dr. Mayoral joined the Center for Digestive Health in 2002. He graduated from medical school in Cali, Colombia, South America. He completed his internal medicine training at the Universidad del Valle Medical School in Colombia and then at Mount Sinai Medical Center in Miami Beach. His fellowship in gastroenterology was completed at Georgetown University Medical Center and the National Institutes of Health, where he trained in biliary endoscopy and endoscopic ultrasound.



### Marlon Ilagan, MD

Dr. Ilagan joined the Center for Digestive Health in 2006. He graduated from the University of the Philippines College of Medicine. He completed his internship and residency in internal medicine and his fellowship in clinical gastroenterology, nutrition and hepatology at Einstein Medical. Dr. Ilagan is a highly skilled biliary endoscopist and specializes in the management of irritable bowel syndrome and inflammatory bowel disease.



### Samuel A. Giday, MD

Dr. Giday joined the CDH in 2010. He was the Robert E. Meyerhoff professor and director of the endoscopic ultrasound unit at Johns Hopkins Hospital. Dr. Giday earned his medical degree from Addis Ababa University Medical School and completed his medical residency at Howard University Hospital. While there he was elected to the national medical honor society: Alpha Omega Alpha. Dr. Giday also completed a two-year fellowship at the Johns Hopkins Hospital in advanced therapeutic endoscopy.



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