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www.dedicatedcarecenter.com



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NEWSLETTER SPRING | 2016

Colon Cancer Screening: Top Questions from Patients

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How common is colon cancer in the U.S.?

Colorectal cancer is the third most common cancer and the third leading cause of cancer death in men and women in the U.S. In 2014, 140,000 men and women were diagnosed with colorectal cancer, and 50,000 died from this potentially preventable disease.

Why do I need to be screened?

The most effective strategy to combat disease is prevention. Colon cancer screening saves lives! For most people colon cancer should be a preventable disease if precancerous lesions can be identified and removed by colonoscopy.

When do I need to start screening?

If you are of average risk, colonoscopy screening is recommended at age 50. In African Americans, screening should begin at 45 years, as they have earlier onset and more aggressive colon cancers.

What are screening options?

If you are at average risk, e.g. no family history of colon cancer, colonoscopies beginning at age 50 (or at 45 if you are African American), are considered the gold standard in colon cancer screening. A "virtual colonoscopy" is a CT scan of the colon, and may be helpful in patients who are at high risk for colonoscopy or have difficult anatomy which precludes a complete colonoscopy exam. This test requires a colon prep, and if lesions are seen, typically another prep when referred for a subsequent colonoscopy. Recently, stool based DNA testing (Exact Sciences-Cologuard) has been approved. This test detects approximately 90% of colon cancer, but has a considerable miss for colon polyps. Modification of the traditional stool test for occult blood has also been improved - now a special testing (fecal immunohistochemical test-FIT) lessens the problems with false positive results due to diet. Soon to be released is an interesting blood test for colon cancer - testing specifically for markers in one of the more common cancer pathways - Septin 9 (Epi-pro-Colon-Epigenomics). This test detects approximately 75% of cancers, but is not helpful in precancerous polyps.

Contributed by:

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New Saturday Hours

The Dedicated Care physician and care team on call for the day are now available in the office on Saturday mornings from 9:00am – 12:00pm to assist you with your urgent healthcare needs. Please contact our after-hours number at 757-252-9400 to reach us on Saturdays as well as any time outside of our normal business hours of Monday-Friday, 8:00am-5:00pm.

New Faces

All of us at the Dedicated Care Center welcome our new team members, and look forward to continuing to expand our program in an effort to further improve your medical care and optimize your future health.



Amanda St. Germain | Patient Service Coordinator - Dr. Charles Lisner
The Dedicated Care Center welcomes Amanda St. Germain as a Patient Service Coordinator with Dr. Charles Lisner's team. Amanda's love for people, animals, and the outdoors gives her plenty to do when she is away from the office. She is a native of Portsmouth, and currently lives in Great Bridge with her 16 year old daughter. Amanda comes to us with 11 years of accounts receivable experience and a great sense of caring for her patients.



Cherie Claybaugh | Patient Service Coordinator - Dr. Sherry Scheib
Cherie joined our Dedicated Care Center team in November, 2014. Some of you have already met her in her role as a floating substitute for our Patient Service Coordinators. Prior to joining the DCC, she worked as a Medical Assistant for a Cardiothoracic Surgeons office. She brings with her 11 years of medical experience, an Associate's in Administration of Justice, and is currently finishing her Bachelor's Degree at ODU. Cherie was born and raised locally and in her free time enjoys spending time with her two boys, Trey and Eli.



Andrea Baesen | Practice Manager
Andrea leads our team of dedicated staff and is responsible for the day to day operations of the practice bringing over 12 years of experience in patient advocacy, healthcare project management, and practice management. She is a Virginia Beach native and lives in Norfolk with her husband and dog. Andrea earned her Master's in Public Health from EVMS in 2009, with a focus in Healthcare Management, after completing her Bachelors of Science from JMU in 2003. She is also a certified Project Management Professional. In her free time, she enjoys travelling, hiking, reading, and spending time with her friends and family.



The Executive Evaluation Center offers a uniquely comprehensive full day of advanced medical testing. Your day will include a complete medical history review, examination by a variety of specialists, as well as personalized exercise and nutrition counseling. Recognizing that your time away from the office is valuable, we have equipped each private room with telephones, voicemail, computers, and Wifi access. While insurance does not cover prevention and early detection-oriented health assessment, your wellness is worth the investment. For more information or to set up an appointment, please call us at 757-252-9200. And as always, we are committed to exceeding your expectations and thank you for your ongoing trust and confidence.

Suggested intervals for testing

Cancer prevention tests:
Colonoscopy - 5 - 10 years
(if no polyps or other risks)
CT - 5 years

Cancer detection tests:
Fecal DNA - 3 years
Stool for occult blood - 1 year
Blood test (Septin9) - 1 year
(when available)

Colon Cancer Screening [Continued from page 1]

What about those horrible stories about the colonoscopy preparation – are there any new options?

In order for your doctor to perform a high quality colonoscopy, the fecal debris must be cleaned away. Traditionally, this involved taking a lot of fluids the day before which had a laxative effect creating diarrhea. More recently, the experts have recommended that half the prep be taken the evening before and then the other half early the next AM, beginning 5-6 hours prior to the colonoscopy. This provides the best preparation to allow for detection of flat or subtle polyps which might otherwise be missed.

Most recently, the HyGleaCare prep has been introduced. This does not require the patient to drink the large volume purgative laxatives prior to colonoscopy. In contrast, they sleep through the night, then on the day of their procedure, a soft small rectal tube is inserted in the HyGleaCare prep center, and has a gentle warm water wash out of the

colon. This takes approximately 45 minutes, and then the patients go to their colonoscopy center for their exam. This process is very private, comfortable and has extremely high patient satisfaction scores. Norfolk, VA is the second center in the country to provide this service!

What about family history – what does that mean for me and the time to get screened?

If a first degree relative (mother, father, or sibling) had colon cancer age < 60 years, begin at 40 years or 10 years before their onset of colon cancer - continue then, in absence of polyps, at 5 year intervals. If a first degree relative at least 60 years, begin at 40 years, then in absence of polyps, at 10 year intervals.

Hopefully, these questions will stimulate a great discussion with you and your primary care provider. Colon cancer is potentially preventable... get screened!

Contributed by:
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Gastrointestinal and Liver Specialists of Tidewater, PLLC

Open Enrollment

We would like to remind all of our patients to please be aware when choosing your health insurance coverage that the physicians at the Dedicated Care Center do not participate with Anthem HealthKeepers. If you are currently enrolled in Anthem HealthKeepers, please contact your Patient Service Coordinator for guidance.

Nutritional Seminars | 2016 SCHEDULE

ALL CLASSES ARE HELD FROM 1:30PM-2:30PM ON THE FOLLOWING DATES

- April 13thMediterranean Diet
- May 11thHealthy Eating for Vegetarians
- June 8thChoose "My Plate"
- July 13thSoy Protein—is it Healthy?
- August 10thFood Misinformation and Food Safety
- September 14thGluten Free Diets and other food allergies
- October 19thOrganic Foods—are they worth it?
- November 11thTips for Restaurant Eating
- December 14thSustainable Eating