

How do I schedule my colon cancer screening?

Screening by our practice is easy and convenient. Call us direct, or have your primary care physician refer you to us. Instead of an office visit, many times an interview over the phone with our office is all it takes to schedule your screening.



When we choose what prep is best for you, we take many things into consideration, such as weight, medical history, past experience with preps, etc. We encourage you to fully discuss your concerns and ask as many questions as possible when we interview you prior to your screening.

Your primary care physician has recommended a colon cancer screening for you:

_____	_____
Date	Appt. Time

Physician To Be Seen	

Office Location	

Seth E. Rosenzweig, MD
 D. Gregory Ertel, MD
 Louis La Luna, MD
 Daniel Blecker, MD
 Anirudh Masand-Rai, MD
 Bruce J. Caruana, MD
 Carl D. Mele, MD
 John F. Altomare, MD
 Ravi K. Ghanta, MD
 Aparna Mele, MD
 Adam J. Spiegel, DO
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Office Hours:
 7:00am to 5:00pm



Colon Cancer Screening Saves Lives



Colorectal Cancer is the second leading cancer killer ... but it doesn't have to be.

Serving Berks County For Over



About Our Practice

We are the largest gastroenterology practice in the county, serving the area for more than 40 years. Our 13 gastroenterologists are board certified in the specialty of gastroenterology and collaborate as a team to provide expert care.

We operate Berks Center for Digestive Health, a state-of-the-art outpatient endoscopy center. Our doctors are also on staff at The Reading Health Systems and provide a full range of inpatient consultative services.

Why Choose Digestive Disease Associates?

We offer a full range of gastroenterology services, with a specific interest and passion towards colon cancer screenings. We perform over 12,000 procedures in our endoscopy center per year, and are the most experienced physicians in the area for colon cancer screenings.

Studies show gastroenterologists perform higher quality colonoscopy exams with more accurate detection of polyps and cancer and better comprehensive consultative care compared to other physicians who may provide similar services. No one in Berks County finds and removes more pre-cancerous polyps than our physicians.

Why should you have a colonoscopy?

Did you know ...

- Colorectal cancer is one of the most commonly diagnosed cancers in the U.S.
- You should be screened with a colonoscopy if you are 50 years old, have a family history of polyps or colon cancer, or have been diagnosed with inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- 93% of cases occur in people age 50 or older.
- More than 1 in 5 persons over the age of 50 have colon polyps, the leading cause of colon cancer.
- 3 out of 4 patients diagnosed have no family history.
- 85% of colon cancer patients have no symptoms.

How can I prepare for a colonoscopy?

At Digestive Disease Associates, we understand the idea of a colonoscopy is met with hesitation, and the leading cause for avoiding a colonoscopy is the prep. The prep is critical to the success of a colonoscopy. Here are a few tips:

- Begin tapering the diet a few days before your procedure by consuming smaller amounts of high fiber food.
- One day before you do your prep, begin a liquid diet. Continue the liquid diet until the procedure is over.
- Take your time. If you can only get a glass of prep down every 20 to 30 minutes or if you need to take a break, it is OK.
- You should however try to drink each dose as quickly as possible. It is not designed for sipping.
- Get up and move around ... stay vertical.
- Consider a split prep. *Taking ½ of the prep before bedtime and ½ of the prep the morning of the procedure is a very successful way to cleanse.*

