



All your local doctors in one convenient location

## GET TO KNOW YOUR LOCAL DOCTORS

### GI Health Center

Specialty: Gastroenterology

**GI HEALTH CENTER**, along with **UNITED GASTROENTEROLOGISTS**, is a well-established G.I. practice in Encinitas. Dr. Piyush Kumar and Dr. Mohammad Arbabi, along with their team, just relocated to North Coast Health Center just this past month.



This single-specialty medical center diagnoses and treats challenging clinical G.I. problems and has expertise in diagnostic and therapeutic endoscopy procedures of the gastrointestinal tract. GI Health Center emphasizes the use of innovative new technology coupled with compassionate patient care. Patients can trust the many years of clinical expertise and their passion for practicing medicine.

To learn more, or to schedule an appointment, call (760) 436-8881 or visit [www.gihealthcenters.com](http://www.gihealthcenters.com).



**NORTH COAST**  
HEALTH CENTER

477 N. EL CAMINO REAL  
ENCINITAS, CA 92024

For more than 25 years, physicians and dentists at North Coast Health Center have been providing highly personalized care to coastal north San Diego County. With more than 250 physicians and dentists to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging, and over 45 medical and dental specialties all in one convenient location.

To find the right doctor for you, visit:

[www.NorthCoastHealthCenter.com](http://www.NorthCoastHealthCenter.com)



# Ask the EXPERT<sub>2015</sub>

## GASTROENTEROLOGY HEALTH CENTER

When Dr. Phil Kumar founded his Encinitas practice more than 20 years ago, the world of gastrointestinal health looked a lot different. As awareness of colon health has improved over the years – even earning a government-proclaimed National Colon Cancer Awareness Month in March – Dr. Kumar and his staff have continued to stay ahead of the curve.

“We use the latest technology and equipment for our procedures and have an excellent safety record,” said Dr. Kumar, an expert in colonoscopies, endoscopic and other procedures critical to identifying potential gastro issues.

Dr. Kumar is Board Certified in Gastroenterology and Internal Medicine Fellowship with hospital affiliations at Scripps Memorial Hospital in both Encinitas and La Jolla. Also actively involved in clinical research, Dr. Kumar’s area of clinical interest include colon cancer, inflammatory bowel disease and hepatitis C.

He uses his passion and knowledge of medicine to deliver outstanding patient care through education, advocacy and relationship building. His practice continues to run strong in Encinitas thanks to this patient-first mindset.

“Everything we do here is obviously to improve the health and well-being of the people we serve,” Dr. Kumar said. “Since I opened, the community has shown great support and always been a pleasure to work with.”

Dr. Kumar also credits his staff for his practice’s sustained success. Dr. Mohammad Arbabi and practitioners Jesse Myers and Colleen Herr are experts in the field. And with an office staff led by longtime manager Judy McFarland, patients are treated to an outstanding experience from the moment they walk through the doors.

“We have the best practitioners west of the Mississippi,” Dr. Kumar laughed. “There is no question I wouldn’t have been able to stay in business without their dedication and knowledge.”

Current health guidelines from all the major gastrointestinal professional societies recommend all adults at average risk should start screening at age 50 for colon cancer. Higher-risk people with family histories of colon polyps or cancer, ulcerative or Crohn’s colitis in mother, father or sibling are recommended to start at age 45.

There are several tests available for colorectal cancer screening, including:

**Colonoscopy:** Examines the entire colon and detects most small polyps and almost all large polyps and cancers.

**Sigmoidoscopy:** Examines approximately 20 percent of the length of the colon.

**Virtual colonoscopy:** A CT scan of the bowel after thorough cleansing of the colon.

Recent guidelines also call for screening for Hepatitis C in people born between 1945 and 1965. This is a one-time screening recommendation and is easily accomplished with a blood test. Gastro Health Center has been treating Hepatitis C For 18 years.

Dr. Kumar and his providers can help answer any of your questions about various gastro issues, and can also offer screening guidelines to better prepare you for your procedure. “We are experts in technique and we also make the right judgements for what needs to be done after a colonoscopy,” Dr. Kumar said.

Gastro Health Center is active in the community, sponsoring awareness events at the local and national level. He encourages Encinitas citizens to do the same.

“There has been a major push to get the word out there on colon cancer and other GI issues,” he said. “We’re always trying to educate the public to improve their health.”

Gastro Health Center is a single-specialty medical center providing sensitive, reliable patient care to patients with gastrointestinal illnesses. The center diagnoses and treats challenging clinical gastro issues and has expertise in diagnostic and therapeutic endoscopy procedures of the gastrointestinal tract.

For more information on screening and colon cancer awareness, follow Gastro Health Center on Twitter and like them on Facebook for daily updates, tips and news. Also watch out for an upcoming piece in this publication on National Colon Cancer Awareness Month. Dr. Kumar will be sharing valuable information that could make a major difference in the way you think about colon cancer prevention and treatment.

**GASTROENTEROLOGY HEALTH CENTER**  
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Hours: 8 a.m. to 5 p.m. Monday – Friday  
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