

November 2014

PATIENT CONNECTION



Published by Dr. Alexander Kopp

www.DrKoppMd.com

Thanksgiving Facts

- Only about half of the people on the Mayflower were Pilgrims.
- 91% of Americans eat turkey on Thanksgiving day.
- The first thanksgiving lasted three days.
- Historians say that turkey was not served at the first thanksgiving.
- Sarah Josepha Hale, who wrote the song "Mary Had a Little Lamb" convinced President Lincoln to make Thanksgiving a national holiday .

Colorectal Cancer Facts

Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). It's expected to cause about 50,310 deaths during 2014.

If caught early, colorectal cancer is 90% curable.

The American Cancer Society recommends that beginning at age 50, both men and women, should be tested and retested once every five to ten years.



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GERD Awareness Week

16th Annual GERD Awareness Week is November 23-29, 2014

Gastroesophageal reflux disease, or GERD, is a very common disorder. Each year during the week of Thanksgiving, people who experience symptoms, which may be related to GERD, are encouraged to consult with their physician. Some symptoms are more common than others. Here is a list of GERD symptoms:

- Chronic heartburn
- Acid regurgitation
- Belching
- Pain and difficulty swallowing
- Waterbrash (sudden excess of saliva)
- Chronic cough
- Chronic sore throat
- Laryngitis
- Inflammation of the gums
- Chronic irritation in the throat
- Hoarseness in the morning
- Sour taste
- Bad breath



As a gastroenterology specialist, Dr. Kopp has an in-depth understanding of GERD. If you are experiencing GERD symptoms call Dr. Kopp's office to schedule an appointment.

Source: *International Foundation for Functional Gastrointestinal Disorders. www.aboutgerd.org*

November Is... American Diabetes Education Month



Diabetes: A metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood."

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
- People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- Diabetes causes nearly 50% of all cases of kidney failure.
- More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Source: *American Diabetes Association. www.diabetes.org*



Dr. Alexander Kopp

Dr. Kopp is board certified in gastroenterology and internal medicine. He is a member of the American College of Gastroenterology, American College of Physicians, and American Society for Gastrointestinal Endoscopy.



Lawna Wigle, MSN, FNP

Lawna Wigle is a board certified family nurse practitioner. She specialized in the treatment of liver disease, liver transplant pre and post-operative care as well other family medical practice treatments.



Elka Miller-Kopp

Elka Miller-Kopp is our office manager. She takes a caring and compassionate approach to working with all patients. Elka is greatly admired by all patients for her attentive ways. Elka is always available to talk with you and address your needs.

We invite you to participate on our Facebook page. We always love to hear from our patients!



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Ebola Advisory

From The Massachusetts Department of Health

There are no cases of Ebola in Massachusetts, and in fact at the moment, only one known case in the United States. The only way someone in Massachusetts could have acquired Ebola virus infection is through close, direct exposure to the virus (in infected blood and body fluids) in the past 21 days in Guinea, Sierra Leone and Liberia. All arrivals into the state from affected countries are being monitored for fever and Ebola symptoms for 21 days.

The only way someone is able to contact Ebola virus infection is through direct exposure to the virus (in infected blood and body fluids). Only symptomatic people with Ebola virus disease can transmit Ebola virus, pre-symptomatic people are non-infectious.

For more information visit The Massachusetts Department of Health website at www.mass.gov.

Source: *The Massachusetts Department of Health*

November is Lung Cancer Awareness Month

Lung cancer is the leading most common cancer in both men and women (not counting skin cancer). The American Cancer Society's estimates about 224,210 new cases of lung cancer and about 159,260 deaths for 2014. When caught in early stages many people are cured. More than 400,000 people alive today have been diagnosed with lung cancer at some point.

Get the Shot Not the Flu

Contact Us Today.
Schedule Your Flu Shot.

617.527.6200

We are Currently Welcoming New Patients

We invite you to share this newsletter with family and friends who might be seeking a new primary care physician or a Gastroenterologist. Following are some reasons why so many people choose our practice.

- Educated in the best medical centers in Boston (New England Deaconess Medical Center, Brigham and Woman's Hospital), Dr. Kopp has been successfully treating patients for nearly 26 years.
- Our patients benefit from a seasoned primary care physician who is also a gastroenterology specialist.
- We strive to accommodate our patient's scheduling with prompt appointment and procedure scheduling. If needed, we will schedule appointments in the evenings and on Saturdays.
- All patient rooms are equipped to provide efficient and maximal patient comfort.
- Dr. Kopp is well connected throughout the Newton-Wellesley Hospital community and nearby Tertiary Medical Centers, MGH, BWH, BIDMC, TUFTS and Dana Farber Cancer Institute.
- We continually survey quality control to ensure exceptional, high quality care for our patients.