

WHY CHOOSE AN **AMBULATORY SURGERY CENTER?**



According to [healthcarebluebook.com](https://www.healthcarebluebook.com), the cost of a colonoscopy across the United States can range anywhere from **\$1000 to \$5000**. There are many factors in determining the cost of your colonoscopy, but the location where the procedure is performed heavily influences the cost.

The biggest cost variation across the board is usually seen in the facility fee. Hospitals charge higher rates because they have to run and maintain the entirety of a hospital, which includes countless departments, machines, and employees. Ambulatory Surgery Centers (ASCs), however, operate independently from hospitals and are generally smaller and more specialized, requiring far less money to run. Therefore, ASCs consistently charge much less than hospitals.

Generally speaking, your colonoscopy bill is made up of 3 major parts:

THE DOCTOR FEE

(What the doctor charges to perform the procedure.)

THE FACILITY FEE

(What the facility charges to accommodate the procedure including clinical staff and equipment.)

THE ANESTHESIA PROVIDER

(What the anesthesia provider charges to make sure you don't feel anything unpleasant during your procedure.)



In the state of Texas, the average cost of a colonoscopy performed at an ASC is \$1,849.09. The average cost of a colonoscopy when it's performed at a hospital in Texas, however, totals \$2,687.38. **That's a difference of over \$800!** While your medical insurance will typically cover most (if not all) of your portion, that \$800 difference can mean you have to pay significantly more out of pocket for the same procedure.

When it's time for you to get a colonoscopy, you should know that you're allowed to shop around. Check out [healthcarebluebook.com](https://www.healthcarebluebook.com) to find "green" facilities, which are facilities whose costs are at or below what is considered a fair price for the area.

When you search for a colonoscopy procedure in the Dallas Metroplex on [healthcarebluebook.com](https://www.healthcarebluebook.com), all 5 of the facilities that make up DHC (Digestive Health Centers) are rated green. [Healthcarebluebook.com](https://www.healthcarebluebook.com) is not affiliated with AmSurg or DHC.

GET SCHEDULED TO GET SCREENED FOR COLON CANCER
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INTERMITTENT FASTING AND ITS EFFECT ON YOUR GI HEALTH

Intermittent Fasting has gained popularity over the last several years, with dozens of celebrity endorsements and countless testimonials touting "miracle" weight loss results. But is it good for your digestive system?

There are multiple types of intermittent fasting, and they can be grouped into short-term fasting (16:8) and long-term fasting (5:2, 24-hour, and multi-day fasts).

- 1. Short-term fasting:** People who follow the 16:8 plan fast for 16 hours, then have an 8-hour window when they eat each day. They can set the eating window according to their preferences. For example, you could choose 8am-4pm, 10:30am-6:30pm, or 11am-7pm. There are also other variations of this eating plan, such as 12:12, 14:10, and 20:4. This plan tends to be easier to follow than long-term fasting methods.
- 2. Long-term fasting:** The 5:2 plan involves restricting calories (only eating 500-600 calories per day) for 2 nonconsecutive days during the week and eating normally during the other 5 days. 24-hour fasts and multi-day fasts involve consuming only non-caloric beverages without sugar (teas, black coffee, water, bone broth, or vegetable broth made with non-starchy vegetables). In order to provide fuel for your body, you can add fat to your beverage (e.g. bulletproof coffee), which will fuel your body without provoking an insulin response.

Not eating for at least 16 hours might sound really difficult, but remember that you fast while sleeping, so you probably already fast for about 12 hours per day (i.e. 8pm-8am). Some people find intermittent fasting works for them because it cuts out snacking, and it can give your digestive system a chance to rest.

As strange as it seems to us modern-day humans, fasting is actually a normal state for the human body. Our prehistoric ancestors didn't have access to supermarkets, restaurants, or even refrigerators. When they ran out of food, their only option was to fast, and our bodies can survive approximately 3 weeks without food. They are designed to store fat during times of abundance and burn fat during leaner periods.

While fasting, you can enjoy the benefits of ketosis without having to count carbs. Studies have also shown it as a way to improve insulin sensitivity, reduce inflammation, balance the gut microbiome, and ease the symptoms of chronic diseases.

Since intermittent fasting is considered relatively new as a diet plan, it hasn't been studied as much as other diets. It is considered to be generally safe, but it should not be practiced by women who are pregnant, trying to get pregnant, or breastfeeding. It's also not recommended in people with a history of eating disorders. Consult a physician before starting a diet plan, especially if you are dealing with gastrointestinal issues. If you're wondering whether intermittent fasting is for you, contact Digestive Health Centers today to schedule an appointment with our board certified, fellowship-trained gastroenterologists!

References:

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RECIPE: Black Bean Open- Faced Omelette

From StopColonCancerNow.com

Black beans and sweet potatoes make a uniquely delicious combination. And combined with eggs for an open-faced omelette or "tortilla," they can serve as a nutritious breakfast, lunch or dinner. These personal omelettes have a Latin flair...with beans, cheese, lime juice and spices.

INGREDIENTS

6 eggs
Sea salt
Pepper
Shredded cheese such as mozzarella
1 cup sweet potato, cut into small cubes
2 tablespoons yellow onion, chopped
¾ teaspoons garlic, minced (1 clove)
1 cup canned black beans, drained
1 handful of spinach, roughly chopped
Paprika
Chili powder
1 lime
½ avocado, pitted and sliced

DIRECTIONS

Start with the egg "tortilla." Crack 3 eggs into a bowl and whisk them with salt and pepper. Add oil to a small, non-stick pan on medium heat. Pour eggs into pan. Cook on medium for about 5 minutes and then flip carefully. Cook the other side for a few more minutes until cooked through. Flip onto a plate. Sprinkle some of your favorite shredded cheese on top.

Repeat step 1 to make the second egg "tortilla."

Add oil to another pan on medium heat. Add cubed sweet potato, onions and garlic. Cover and sauté, stirring occasionally, for about 10 minutes or until sweet potatoes are soft.

Add a little more oil to the pan and stir in chopped spinach and black beans. Sprinkle desired amount of salt, pepper, paprika and chili powder. Sauté, uncovered, until spinach is slightly wilted. Then divide the bean-veggie mix onto each egg tortilla. Serve warm with lime juice squeezed on top and avocado slices on the side. Optional: sprinkle with shredded cheese.

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