

# MEDIA RELEASE

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**For Immediate Release**

## **Dr. Novick's New Book Explains Gut Health, Colonoscopy, Nutrition, and Digestive Diseases**

Dayton, OH---Dr. David Novick announces that his new book, *A Gastroenterologist's Guide to Gut Health: Everything You Need to Know About Colonoscopy, Digestive Diseases, and Healthy Eating*, will be released by Rowman & Littlefield on April 8.

For more than 25 years, Dr. Novick has been a practicing, board-certified gastroenterologist with Digestive Specialists, Inc., which is based in Kettering but has 5 locations throughout the Greater Dayton area.

Millions of Americans have complaints about, or disorders of, the esophagus, stomach, intestines, liver, gallbladder, or pancreas, all of which comprise the gastrointestinal (GI) tract. Dr. Novick's book provides accurate and up to date information on the most common GI diseases and their treatments, with extensive coverage of colonoscopy and colon cancer screening. It also reviews nutrition and healthy eating and contains advice on how to get the most out of a visit to the doctor. The book explains and advocates for modern, scientific medicine.

Special features include "Take-Home Messages" at the end of each chapter, a bibliography and list of recommended websites for further reading, and an extensive glossary of medical terms. It reads easily, with boxed text and bulleted lists, and is full of useful and practical advice that will help you stay as healthy as possible.

David M. Novick, MD, FACP, FAASLD has extensive clinical and academic experience. Dr. Novick received his medical degree from Downstate Medical Center in Brooklyn, NY in 1974. He has more than 70 medical publications and has a special interest in hepatology (liver disease). He is Clinical Professor of Internal Medicine at the Wright State University Boonshoft School of Medicine in Dayton, and Guest Investigator at The Rockefeller University in New York City. In 2014, Dr. Novick was selected for inclusion in the inaugural group of Fellows of the American Association for the Study of Liver Diseases. His essay, *Rose, the Tarantula*, received an honorable mention in the 2014 Erma Bombeck Writing Competition. Dr. Novick is also published in Hippocampus Magazine, the Fix.com blog, and Ohio Lawyer.

*A Gastroenterologist's Guide to Gut Health* is available for pre-orders online at Amazon and Barnes and Noble. For further information, see [www.dr davidnovick.com](http://www.dr davidnovick.com)

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