

MOUSTAFA YOUSSEF, MD AND IMAD I. AHMAD, MD

DIGESTIVE HEALTH ASSOCIATES OF TEXAS

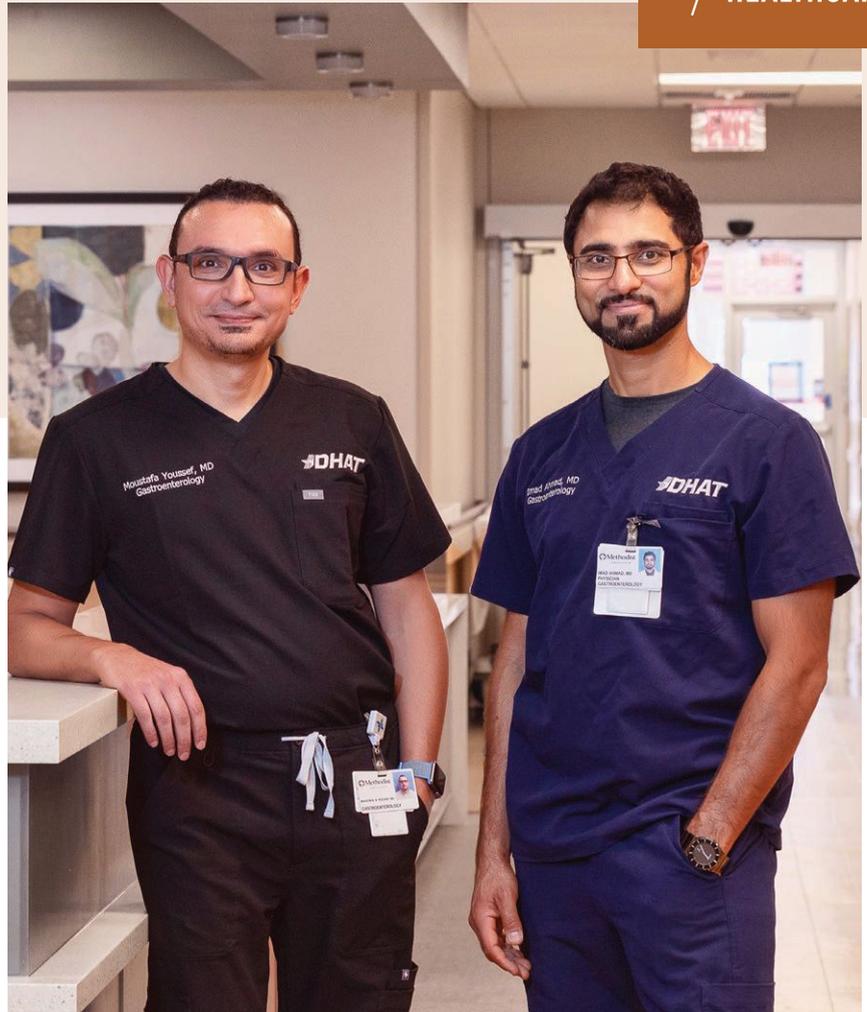
Digestive tract problems can be a real pain in the gut. If chronic gastrointestinal issues have been plaguing you, don't hesitate to seek the help of experienced, board certified specialists who offer tremendous knowledge, skill, and precision in comprehensive GI care and state-of-the-art treatments. Dr. Moustafa Youssef and Dr. Imad Ahmad are experienced physician team members of the renowned Digestive Health Associates of Texas (DHAT), providing their patients with a compassionate, hands-on approach to GI support.

MEET DR. YOUSSEF

Specially trained in IBD including ulcerative colitis and Crohn's disease, Dr. Youssef is passionate about using different methods to help his patients.

"I practice personalized medicine," he explains. "I use a comprehensive approach and consider alternative remedies before suggesting surgery." Multiple approaches to GI issues like IBS can be improved by using natural products found on grocery store shelves. "I utilize simple recipes for patients to make at home with these easy-to-find products." Probiotics are added to improve GI health.

Dr. Youssef specializes in upper, lower, and capsule endoscopy. He uses an upper endoscope to perform the nonsurgical outpatient TIF procedure that targets and relieves chronic acid reflux. For screening colonoscopies, both Dr. Youssef and Dr. Ahmad offer DHAT's Direct Access program. For



patients ages 50 and above, a colonoscopy can be scheduled simply by dialing a direct phone number. The doctors encourage patients to be proactive by utilizing this convenient system.

Board certified in both gastroenterology and internal medicine, Dr. Youssef enjoys the outdoors for leisure and loves fishing and traveling. He and his wife, Nesma, have two children, Hana and Yahya.

MEET DR. AHMAD

Originally from Pakistan, Dr. Ahmad quickly adapted to the technological field of medicine.

"Foreign graduates have a more complex background and improved skill set when they transition to the U.S.," he says. Fluent in five languages, he is always working to improve his knowledge and skills. "I'm nuts about technology," he says, confessing, "At age 41, I still play video games!" He explains the 3D resolution of the games helps develop good hand/eye coordination

for performing intricate procedures. Dr. Ahmad's ultimate goal is to take care of and connect with patients, be it through laughter or tender compassion. He believes there's truth in the adage "laughter is the best medicine," as it can provide a therapeutic quality for patients.

Although he treats a large breadth of gastrointestinal disorders, Dr. Ahmad specializes in endoscopic ultrasound (EUS) and ERCP—a focused EUS using a unique scope to view the pancreas through the bile duct—allowing him to remove stones and lesions if necessary. He is the only physician in Mansfield that performs this procedure, often being referred by other physicians in the area.

Married to a rheumatologist, Dr. Ahmad and his wife have three young children. A highly-skilled physician, he is board certified in gastroenterology and internal medicine and has performed more than 2,000 procedures to date.

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