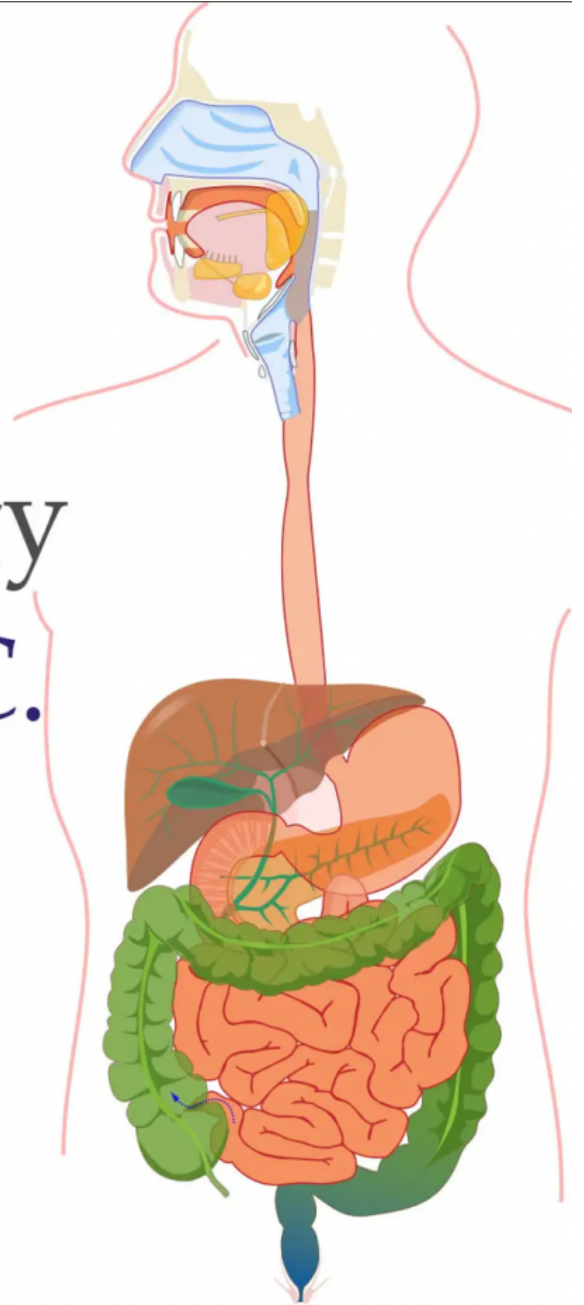


Queens Doctor Warns: NYC Stress Is Fueling A Silent Reflux Crisis

Health Feature Explores How Late-Night Meals, Commuter Stress, and OTC Overreliance Are Fueling Undiagnosed GERD Across Central Queens

Gastroenterology & Nutrition, P.C.



New York City, New York Jun 11, 2026 (Issuewire.com) - For millions of New Yorkers, a burning chest after a long commute and a late dinner is just part of the routine, something to suppress with an antacid and forget about. But according to one of Queens' most experienced gastroenterologists, that habit is quietly masking a widespread, undertreated condition that, left unchecked, can escalate into serious esophageal disease.

A new health feature by independent journalist Rena R. Collins investigates the growing prevalence of chronic acid reflux, clinically known as Gastroesophageal Reflux Disease (GERD), among working professionals in Forest Hills and the surrounding Queens neighborhoods, and examines why so many residents are self-medicating instead of seeking a clinical evaluation.

The feature centers on [Dr. Samuel Davidoff, MD](#), Founder and President of Gastroenterology and Nutrition, P.C., located at 108-16 72nd Ave in Forest Hills. Board-certified in Gastroenterology and Hepatology by the American Board of Internal Medicine, Dr. Davidoff has spent more than 21 years in practice and has personally treated over 100,000 patients. He earned his medical degree from SUNY Stony Brook School of Medicine with Distinction in Research, completed his internal medicine residency and gastroenterology fellowship at Long Island Jewish Medical Center, and holds active hospital privileges at Northwell Health. He is a member of the American Gastroenterological Association and the New York State Medical Society, and has been recognized with both the Patient Choice Award and the Compassionate Physician Award.

"The pattern we see constantly is patients who have been taking over-the-counter medications for months, sometimes years, and assume that because the burn is gone, the problem is gone," said Dr. Davidoff. "But acid suppression is not acid treatment. The underlying esophageal damage can continue silently, and by the time we see them, some patients have developed complications that require much more intensive management."

The feature outlines how a combination of factors endemic to NYC professional life, including irregular eating schedules, high-sodium takeout diets, chronic psychological stress, late-night meals before sleep, and sedentary desk work, directly impair lower esophageal sphincter function and accelerate acid reflux progression. It also addresses the clinical risk of long-term unsupervised use of proton pump inhibitors (PPIs) and H2 blockers, which can mask symptoms of Barrett's esophagus, a precancerous condition of the esophageal lining that requires regular endoscopic surveillance to monitor.

Dr. Davidoff is joined at Gastroenterology and Nutrition, P.C. by [Dr. Yuriy Israel, MD](#), a graduate of Mount Sinai School of Medicine, board-certified in both Gastroenterology and Internal Medicine, and former Chief Resident at Beth Israel Medical Center, and [Emanuel Yaakobov](#), FNP-BC, a board-certified Family Nurse Practitioner with emergency medicine experience at Elmhurst Hospital Center and Forest Hills Hospital. Together, the team brings a comprehensive, multilingual approach to digestive care, offering services in English, Russian, and Spanish to Queens' diverse patient population.

The practice is certified by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF) and operates a state-of-the-art on-site endoscopy suite, allowing patients to receive diagnostic upper endoscopy, colonoscopy, and capsule endoscopy without requiring a hospital visit. The practice accepts most major insurance plans, including Medicare, and offers weekday and Sunday appointment availability.

The full feature, including evidence-based lifestyle guidance from Dr. Davidoff's clinical team and a reader checklist for identifying when heartburn crosses into GERD territory, is scheduled for publication this month.

About Gastroenterology and Nutrition, P.C.

[Gastroenterology and Nutrition, P.C.](#) is a premier digestive health practice founded in 2008 and located at [108-16 72nd Ave, Forest Hills, Queens, NY](#). The practice is led by Dr. Samuel Davidoff, MD (Board-Certified Gastroenterologist and Hepatologist), Dr. Yuriy Israel, MD (Board-Certified Gastroenterologist), and Emanuel Yaakobov, FNP-BC. The practice is AAAASF-certified and

specializes in GERD, colonoscopy, colorectal cancer screening, IBD, IBS, hepatology, and advanced endoscopic procedures. For appointments, call 718-261-0900 or visit gastro-nutrition.com.



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