

# A Different Kind of Conversation About Health Is Growing in Bedford

*Bedford Gastroenterology brings together direct MD care, independent medicine, community involvement and the Gut & Grit podcast.*

BEDFORD, NH, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- [Bedford Gastroenterology](#) is expanding its efforts beyond traditional specialty care through patient education, community involvement and the [Gut & Grit podcast](#).



Exceptional Gastroenterology Care  
Right Here in Bedford, New  
Hampshire

Led by board-certified gastroenterologist [Christopher Dainiak, MD](#), the independent practice was established to provide patients with direct access to an MD for their digestive healthcare while preserving personal doctor-patient relationships.

Dr. Dainiak has practiced gastroenterology in Bedford for more than 20 years and has been recognized by New Hampshire Magazine as a Top Doctor for more than 10 consecutive years. His approach has emphasized independent gastroenterology and direct, personal relationships between doctors and the patients they care for.

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*Christopher Dainiak, MD,  
Bedford Gastroenterology*

“Our goal has always been to provide excellent gastroenterology care, but we also recognize that good healthcare extends beyond what happens during an office visit or procedure,” said Dainiak. “Education, communication and involvement in the community are all part of building relationships and helping people make

informed decisions about their health.”

## Extending Education Beyond the Office

The Bedford Gastroenterology website offers educational resources covering topics including colorectal cancer prevention, liver disease, nutrition, obesity, reflux, swallowing disorders and preparation for gastrointestinal procedures.

That educational effort has expanded with the Gut & Grit podcast, hosted by Dr. Dainiak. Through long-form conversations with physicians, healthcare professionals, patients, advocates, athletes and community members, the podcast explores medicine and health alongside wellness, resilience, loss, longevity and the experiences that shape people's lives.

The conversations begin with questions people may recognize from their own lives: What really is obstructive sleep apnea, and why does it matter? Why does food sometimes get stuck in the esophagus? What really happens when you are sedated for an endoscopy? Can dementia be prevented? How do movement, balance, core stability and mobility affect the way we age? What does it take to prepare for an "octogenarian decathlon"? What can decades of caring for children teach us about learning to "think with your heart"? How does a family begin to move forward after the unimaginable loss of a child? What kind of vision, passion and grit does it take to create the extraordinary?

"Long-form conversations give us the opportunity to listen to people and explore subjects with a depth that isn't always possible in traditional healthcare communication," Dainiak said. "Some conversations are directly related to gastroenterology, while others are about wellness, community, adversity or the human side of medicine."

Podcast episodes, transcripts and related educational resources are incorporated into the Bedford Gastroenterology website, allowing the podcast and written content to complement one another.

#### Investing in the Community

Community involvement has always been an important part of Bedford Gastroenterology's identity.

The practice supports local schools, organizations and events serving children, families and health initiatives, including the Bedford PTO Color Run, Bedford Little League, Swim With A Mission, Make-A-Wish, Friends of Aine, Our Promise to Nicholas, Bedford Gives, and the Greater New England chapter of the Type 1 Diabetes Foundation.

"We live and work in this community, and many of the people who walk through our doors are our neighbors," Dainiak said. "Supporting organizations that help children, families and people facing difficult circumstances is one way we can recognize how interconnected we all are within the fabric of our community."

Bedford Gastroenterology also uses its website and community outreach to highlight organizations and upcoming events, helping connect others with opportunities to participate.

#### Independent Medicine With Local Roots

Bedford Gastroenterology provides evaluation and treatment of gastrointestinal and liver conditions, as well as preventive services including colorectal cancer screening. Dr. Dainiak

performs endoscopic procedures at the Bedford Ambulatory Surgical Center, recognized by Newsweek among America's Best Ambulatory Surgery Centers for 2026.

As the practice continues to grow, Bedford Gastroenterology plans to further connect its clinical expertise, educational resources, Gut & Grit conversations and community partnerships.

#### About Bedford Gastroenterology

Bedford Gastroenterology is an independent gastroenterology practice in Bedford, New Hampshire, led by board-certified gastroenterologist Christopher Dainiak, MD. Patients have direct access to an MD for their gastroenterology care, supporting continuity and a personal doctor-patient relationship.

The practice provides evaluation and treatment of digestive and liver disorders, including colonoscopy and upper endoscopy. Through its educational resources, the Gut & Grit podcast and community partnerships, Bedford Gastroenterology also provides health information and resources that extend beyond the examination room.

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