

the essential IBS book

Written by a leading gastroenterologist, this book provides all the information IBS patients need to understand their condition and develop effective coping and management strategies. There are many factors and causes involved in functional gastrointestinal diseases such as IBS, and a one-size-fits-all approach won't work. While this book doesn't claim to provide a cure for IBS, the information found within its pages offers invaluable knowledge and reassurance for those affected by IBS, and will help them achieve an improved quality of life.

Dr. Alvin Newman, MD, FRCPC, FACP, FACG, trained in internal medicine at Ohio State University and in gastroenterology at Johns Hopkins University. He currently works at Mount Sinai Hospital in Toronto in General Gastroenterology, with a special interest in IBS. He is also a Professor of Medicine at the University of Toronto's Faculty of Medicine.

Did You Know?

Chronic Disorder

IBS is a chronic disorder — a diagnosis will not be made unless the symptoms occur at least 3 days a month for at least 3 months. Most IBS patients have had problems with their digestive system for years before reporting this to their doctor.

Information and case studies are organized into three helpful sections:

Part 1: Understanding IBS and FD defines irritable bowel syndrome and functional dyspepsia, explains the potential causes, examines associated conditions and describes how these illnesses are diagnosed.

Part 2: Managing IBS and FD lays out the therapeutic goals for patients and explains how to achieve these goals through diet, psychotherapy and pharmacological strategies.

Part 3: What More Can Be Done? investigates cutting edge research and describes the optimal patient–doctor relationship.

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Understanding and Managing Irritable Bowel Syndrome & Functional Dyspepsia

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