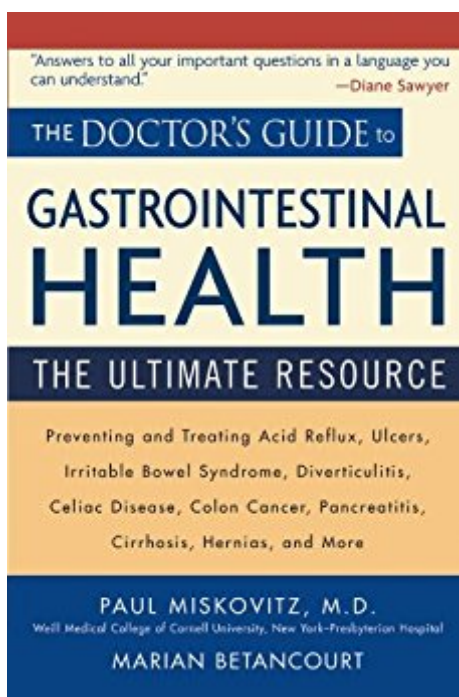


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# The Doctor's Guide To Gastrointestinal Health: Preventing And Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, Colon ... Pancreatitis, Cirrhosis, Hernias And More



## Synopsis

"This is the reference guide you dream about--answers to all your important questions written in a language you can understand. For everyone who wants better health and peace of mind." --Diane Sawyer, Co-anchor of ABC News' Good Morning America and PrimeTime Thursday "An important, practical, easy-to-read, and easy-to-understand source of information for anyone with a chronic gastrointestinal problem." --Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine at Weill Medical College of Cornell University and bestselling author Digestive ailments, whether mild or life-threatening, are a major concern for millions of people--and they can be difficult to diagnose and treat. Now, in this essential reference book, Dr. Paul Miskovitz, a physician at one of the world's top medical institutions, helps you understand the causes, symptoms, diagnoses, and medical treatments for a wide range of gastrointestinal disorders--everything from heartburn to IBS to hepatitis C. This comprehensive, user-friendly guide begins with an overview of how your gastrointestinal system works and how it is affected by lifestyle, age, and emotions. Dr. Miskovitz then explains the disorders that can affect your esophagus, stomach, intestine, gallbladder, liver, pancreas, colon, and abdominal cavity--revealing how to identify and treat problems and, in most cases, prevent them. You'll also learn how to:

- \* Maintain a healthy gastrointestinal system through diet, exercise, checkups, and screenings
- \* Find the right gastroenterologist for you
- \* Identify symptoms and get an accurate diagnosis
- \* Prevent gastrointestinal problems when you travel

Complete with a list of organizations that provide information and support, *The Doctor's Guide to Gastrointestinal Health* is the ultimate resource for you and your family.

## Book Information

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## Customer Reviews

This is an excellent medicinal reference on the workings of the gastrointestinal system. The book is written from the perspective of conventional medicine. It discusses classic gastrointestinal issues; such as, difficulty in swallowing, gas, non-cardiac discomfort, chest pain, nausea, abdominal pain, unexplained weight loss and constipation. Abdominal pain on the left side may be associated with IBS (Irritable Bowel Syndrome). Pain on the right side of the abdomen may be Crohn's related. Colitis has a considerable symptomatology which can be found on the Mayo Clinic website. "Ulcerative proctitis. In this form of ulcerative colitis, inflammation is confined to the rectum and for some people, rectal bleeding may be the only sign of the disease. Others may have rectal pain, a feeling of urgency or an inability to move the bowels in spite of the urge to do so (tenesmus). This form of ulcerative colitis tends to be the mildest." \* Proctosigmoiditis. This form involves the rectum and the lower end of the colon, known as the sigmoid colon. Bloody diarrhea, abdominal cramps and pain and tenesmus are common problems associated with this form of the disease.\* Left-sided colitis. As the name suggests, inflammation extends from the rectum up the left side through the sigmoid and descending colon. Signs and symptoms include bloody diarrhea, abdominal cramping and pain on the left side, and unintended weight loss.\* Pancolitis. Affecting the entire colon, pancolitis causes bouts of bloody diarrhea that may be severe, abdominal cramps and pain, fatigue, and significant weight loss.\* Fulminant colitis.

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