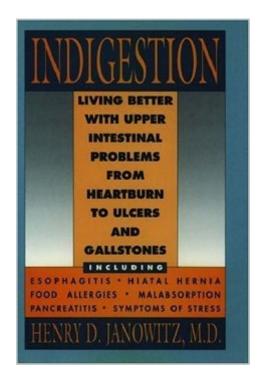
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Indigestion: Living Better With Upper Intestinal Problems From Heartburn To Ulcers And Gallstones





Synopsis

In clear language, free of medical jargon, with healthy doses of humor and many easy-to-understand examples, Dr. Henry D. Janowitz provides you with everything you need to know about indigestion, offering sound advice on how to avoid problems and soothing the fears of those in distress. He shows you how to prepare for a visit to the doctor--what the physician needs to know, what tests you might undergo, and what the latest diagnostic techniques are (including MRI and endoscopy). Dr. Janowitz then zeroes in on specific problems of the esophagus, stomach, gall bladder, liver, and pancreas. He outlines the causes of peptic ulcers and discusses the best methods of prevention and treatment, shows how to distinguish between chest pain originating in the esophagus and the anginal pain of heart disease, and surveys such problems as gallstones, pancreatic disorders, jaundice, malabsorption, maldigestion, and food allergies. He also examines the effects of aging on the upper digestive tract and, in a final chapter, illuminates the role of stress in functional indigestion. A reliable guide to extremely common medical complaints, Indigestion is must reading for anyone suffering from heartburn, ulcers, gall bladder disease, or any number of common gastrointestinal ailments.

Book Information

Paperback: 256 pages Publisher: Oxford University Press; Reprint edition (January 6, 1994) Language: English ISBN-10: 019508554X ISBN-13: 978-0195085549 Product Dimensions: 5.3 x 0.5 x 8 inches Shipping Weight: 7.2 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #4,084,787 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis #814 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Gastroenterology #2744 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

Customer Reviews

In clear, jargon-free language, with healthy doses of humor and many easy-to-understand examples, the author of Your Gut Feelings and Good Foods for Bad Stomachs, Dr. Janowitz offers everything you need to know about indigestion, providing sound advice on how to avoid problems and soothing the fears of those in distress. I found this book very helpful and will be for anyone suffering from any number of gastrointestinal ailments, from Crohn's to constipation to ulcers to GERD. A very good overall guide to upper intestinal health

In clear, jargon-free language, with healthy doses of humor and many easy-to-understand examples, the author of Your Gut Feelings and Good Foods for Bad Stomachs, Dr. Janowitz offers everything you need to know about indigestion, providing sound advice on how to avoid problems and soothing the fears of those in distress. I found this book very helpful and will be for anyone suffering from any number of gastrointestinal ailments, from Crohn's to constipation to ulcers to GERD. A very good overall guide to upper intestinal health.

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