

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

## GASTROINTESTINAL DISORDERS

Gastrointestinal (GI) disorders affect the esophagus, stomach, and small and large intestines. The most common are ulcers, acid reflux disease, and irritable bowel syndrome. Learn some of the main disorders associated with this bodily system and ways you can successfully manage these conditions.

### GERD - Gastroesophageal Reflux Disease

**What is it?** Gastroesophageal refers to the stomach and esophagus (shown in green). Reflux means to flow back or return. Therefore, gastroesophageal reflux is the return of the stomach's contents back up into the esophagus.

**Symptoms of GERD:**

- Heartburn
- Vomiting
- Nausea

### Diverticulosis and Diverticulitis

**What is it?** Inflammation or infection of small pouches called diverticula that develop along the walls of the large intestines (shown in red). The more serious disease, diverticulitis, may involve anything from a small abscess in one or more of the pouches to a massive infection or perforation of the bowel.

**Symptoms of Diverticulosis (when present):**

- Cramping on the left side of your abdomen that disappears after passing gas or moving your bowels
- Bright red blood in the stool

**Symptoms of Diverticulitis**

- Severe abdominal pain
- Constipation and/or diarrhea
- Thin stools
- Bloating or abdominal swelling



### IBS – Irritable Bowel Syndrome

**What is it?** A long-term disorder that affects the small intestines (shown in yellow). It does not cause inflammation or permanent damage to the body like other GI disorders.

**Symptoms of IBS:**

- Belly pain
- Cramping or bloating
- Diarrhea and/or constipation
- Mucous in stools

### IBD - Inflammatory Bowel Disease

**What is it?** Refers to chronic conditions in which the walls of the large intestines become swollen, inflamed, and develop ulcers (shown in red). The exact symptoms depend on which part of the digestive tract is involved.

Ulcerative Colitis only involves the colon and rectum (shown in red). Inflammation and ulcers typically affect only the innermost lining in these areas. Often only the lower (sigmoid) colon is affected, but UC can be present higher.

Crohn's Disease is a form of IBD that can occur anywhere along the digestive tract. It affects the deeper layers of the digestive lining and can occur as "skip lesions" between healthy areas. Crohn's often involves the small intestine, the colon, or both.

**Symptoms of IBD:**

- Abdominal pain or cramping
- Bloody stools
- Diarrhea multiple times per day
- Weight loss

### COULD I HAVE A GI DISORDER?

- ✓ Have your symptoms begun at least 6 months ago?
- ✓ Have you had abdominal pain or discomfort at least 3 days each month in the last 3 months?

Have you had any of the following:

- ✓ Pain relieved by having a bowel movement?
- ✓ Pain linked to a change in frequency of bowel movements?
- ✓ Change in appearance or consistency of your stool along with discomfort?

**Consult with your wellness coach or doctor if you answered yes to at least two of the three symptoms.**

## TO EAT...



**FRUIT** – apples, avocados, bananas, berries, canned fruits (canned in fruit juice or water), cantaloupe, grapes, honeydew, kiwi, mango, nectarines, papaya, peaches, pears, prunes, watermelon

**VEGETABLES** – asparagus, beans (green, kidney, lima, navy, soybeans, yellow), beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, corn, cucumbers, kohlrabi, leeks, mushrooms, onions, peas, peppers (green, red, or yellow), potatoes, radishes, rutabagas, sauerkraut, scallions, spinach, squash, tomatoes, turnips, vegetable juices, zucchini

**MEAT/PROTEIN** – eggs, dried peas, beans, lentils, fish, lean meats, nuts, peanut butter, poultry, seeds, tofu

**GRAINS** - whole wheat breads, cereals and crackers, rice (brown or wild), whole wheat pasta

**DAIRY** - cultured dairy products, such as yogurt, kefir buttermilk (contain probiotics)

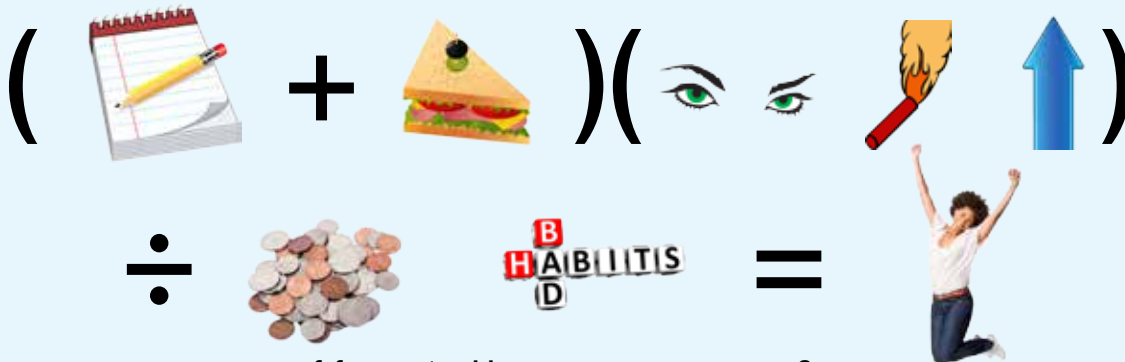
## OR NOT TO EAT...

<b>SPICY</b>	hot peppers, chili seasoning
<b>DAIRY</b>	milk, yogurt, cheese
<b>ARTIFICIAL SWEETNERS</b>	Equal, Sweet 'n' Low, Splenda
<b>ACIDIC</b>	tomato sauce, citrus fruits
<b>FATTY</b>	high fat meats and meals such as cheesesteaks
<b>FRIED</b>	french fries, onion rings, wings
<b>SPOILED</b>	smell, mold, past expiration
<b>SWEET &amp; SALTY</b>	cookies, potato chips
<b>PROCESSED</b>	frozen dinners, lunch meats, chicken nuggets
<b>ALCOHOL</b>	beer, wine, liquor
<b>CAFFEINE</b>	coffee, energy drinks



Stress management, exercise, weight loss and diet are the foundation of treatment and recovery. Medications/procedures can only be effective if used in conjunction with those foundations.

What is the picture equation below saying?



Journaling your nutrition helps you to see what causes your flairs. Enabling you to change bad habits to lead a happier, healthy you.

## Promising New Treatments...

- ✓ Probiotics – healthy bacteria in your digestive system; commonly found in the colon.
  - When problems develop with digestion – such as constipation, diarrhea, or abdominal pain -probiotics may be extremely helpful for treating IBS.
- ✓ Acupuncture – the mechanism for how acupuncture works is still unclear, although it is becoming an effective course of treatment.

