



Contents

<i>FOREWORD</i>	<i>xiii</i>
<i>PREFACE</i>	<i>xv</i>
<i>ACKNOWLEDGMENTS</i>	<i>xvii</i>
1 Why IBD? Why Me?	1
Gastrointestinal Anatomy	2
What Is Inflammation?	5
Inflammatory Bowel Disease Defined	5
Were You Misdiagnosed?	6
The Clues about Cause	8
<i>Genetics</i>	9
<i>Immune System</i>	10
<i>Environment</i>	12
Dealing with Your Feelings	13
<i>The Predictable Steps</i>	13

	Telling Others	15
	Eating Disorders	17
	■ Medical Definitions Used in Ulcerative Colitis and Crohn's Disease	18
2	Understanding the Diagnosis of Ulcerative Colitis	19
	Symptoms of Ulcerative Colitis	21
	Diagnosis of Ulcerative Colitis	23
	Management of Ulcerative Colitis	28
	Flares	29
3	Understanding the Diagnosis of Crohn's Disease	31
	Types of Crohn's Disease	34
	Symptoms of Crohn's Disease	35
	Diagnosis of Crohn's Disease	36
	Management of Crohn's Disease	40
4	The Other Types of IBD	43
	Indeterminate Colitis	43
	Microscopic or Lymphocytic Colitis	45
	Collagenous Colitis	46
5	Self-Management: It's Your IBD	47
	The Immediate Plan	48
	The Short-Term Plan	50
	<i>Information Overload</i>	51
	<i>Your Self-Awareness Tool</i>	52
	The Long-Term Plan	54
	Your Health Care Team	54
	<i>Your Primary Care Physician</i>	55
	<i>Your Gastroenterologist</i>	56
	<i>Do You Need a GI Specialty Center?</i>	57

	<i>The Surgeon</i>	58
	<i>The Hospitalist</i>	58
	How to Get the Most from Your Health Care Visits	59
6	Medications for IBD	61
	Medications for IBD Inflammation	63
	<i>Aminosalicylates</i>	63
	<i>Antibiotics</i>	65
	<i>Steroids</i>	66
	<i>Immunomodulators</i>	69
	<i>Biologics</i>	72
	<i>Thalidomide</i>	78
	Medications and Older Folks	78
	Medications for Specific IBD Symptoms	86
	<i>Antidiarrheals</i>	86
	<i>Pain Medications</i>	88
	Future Treatments	89
	<i>Agents for Ulcerative Colitis</i>	89
	<i>Agents for Crohn's Disease</i>	90
	Clinical Trials	91
	Staying on Your Medication	92
	Unconventional Therapies and	94
	Alternative Approaches	
	<i>My Thoughts on Certain CAM Therapies</i>	96
	<i>Probiotics</i>	98
7	IBD Affects More than Your Gut	103
	Eyes	103
	Liver	104
	Kidneys	106
	Bones	107
	Joints	110
	Hair, Teeth, and Nails	111
	Skin	111

8	The IBD-Cancer Connection	113
	The Risk of Colorectal Cancer	114
	Preventing CRC	114
	Dealing with Dysplasia	115
	Using Medications to Prevent CRC	117
	Other Types of Cancer	118
	<i>Lymphoma</i>	118
	<i>Cholangiocarcinoma</i>	120
	<i>Rare Tumors</i>	120
9	When You Need Surgery for IBD	123
	Common Types of Surgery	124
	■ Medical Definitions Used in IBD Surgery	126
	Surgery for Ulcerative Colitis	127
	<i>Colon Removal</i>	128
	<i>Issues with Pouches</i>	130
	Surgery for Crohn's Disease	132
	<i>Resection</i>	133
	<i>Fixing Perforation or Abscess</i>	133
	<i>Repairing Anal Fistulas</i>	134
	<i>Hemorrhoids: Consider Surgery Last</i>	135
	Postoperative Complications	135
	<i>Ileus</i>	136
	<i>Thrombosis or Blood Clots</i>	136
	<i>Bowel Obstruction from Adhesions</i>	137
	<i>Other Surgical Complications</i>	137
	Long-Term Complications of Small Intestine Surgery	138
	Stoma	139
	Other Surgeries	142
10	The Food Fight: What Can I Eat?	143
	<i>Coauthored by Susan Hopson, RD</i>	
	Your Nutritional Challenge	144

Nutrition 101: What Every Body Needs	145
<i>Carbohydrates</i>	145
<i>Proteins</i>	146
<i>Fat</i>	146
<i>Vitamins</i>	147
<i>Minerals</i>	148
Your Individual Nutrition Needs	148
IBD-Required Modifications	149
Fiber and Residue	150
<i>Solubility and Insolubility</i>	152
<i>Fiber Guidelines</i>	153
<i>Adding Fiber In</i>	153
Lactose Intolerance	154
Calcium: A Special Problem	157
Trigger Foods	159
Reactions to Wheat Gluten and Other Foods	160
Your Need for Glutamine	161
Malnutrition in IBD	162
When You Can't Eat Food	164
Diets Specifically for IBD	165
<i>During a Flare or When You Are Feeling Bad</i>	167
<i>When You Start to Feel Better</i>	169
<i>Getting Back to Normal</i>	172
<i>When You Have Recovered from a Flare: Maintenance</i>	173
General Guidelines for Healthy Eating with IBD	174
11 Taking Charge of Your Lifestyle	177
Pain	177
Stress	179
Sleep and Fatigue	180
Smoking	181
Physical Activity	182
Travel	183
Working	184
Useful Web Sites	186

12	Growing Up with IBD	189
	What Caused Your Child's IBD	191
	Growth and Development	192
	How IBD Is Different for Children and Teens	192
	Treating IBD in Children and Teens	194
	Monitoring IBD in Children and Teens	196
	The Importance of Staying on the Medications	197
	Fitting in with IBD	198
	Practical Advice about Common Parental Issues	200
	<i>by Marci Reiss, LCSW</i>	
	<i>Who Gets to Know?</i>	200
	<i>Ask Them How They Are Feeling—Once a Day!</i>	201
	<i>Medication Compliance</i>	201
	<i>Guiding Children along Their Journey to Independence</i>	202
	<i>IBD at School</i>	203
	<i>Swallowing Pills: Practical Ways to Make It Easier</i>	204
13	Sex, Fertility, and Pregnancy	207
	Women	208
	Men	209
	The Menstrual Cycle	210
	Menopause	211
	Pap Smears	212
	Contraception	212
	Fertility	214
	Pregnancy	215
	<i>Plan Your Pregnancy</i>	216
	<i>How Pregnancy Affects IBD</i>	216
	<i>How IBD Affects Pregnancy</i>	217
	<i>FAQs</i>	218
	<i>REFERENCES</i>	223
	<i>INDEX</i>	257