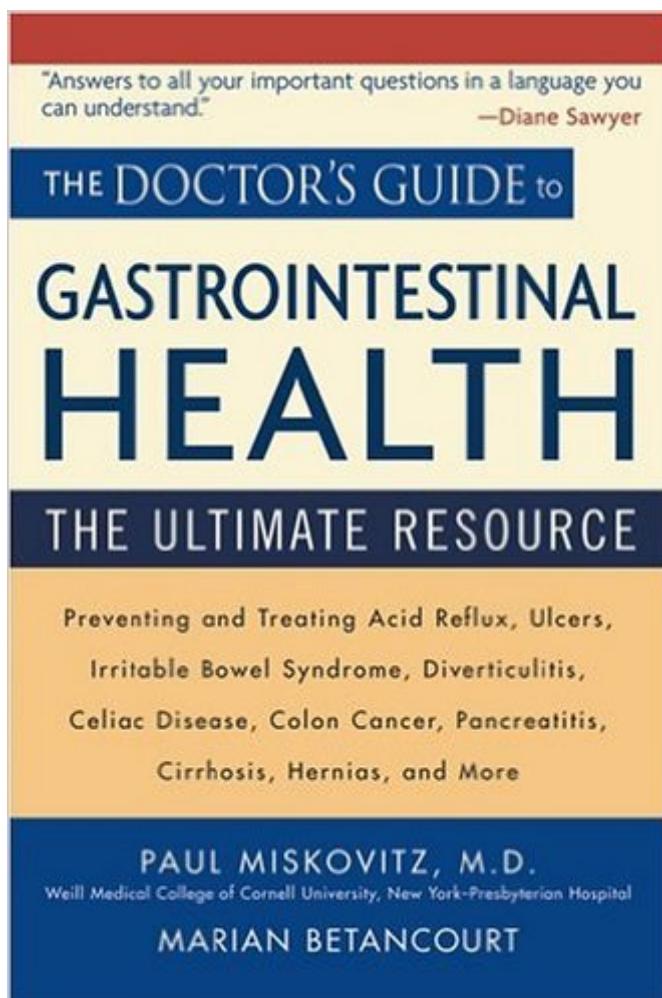


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# The Doctor's Guide To Gastrointestinal Health: Preventing And Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias And More





## 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. This rare, life-threatening form of colitis affects the entire colon and causes severe pain, profuse diarrhea and, sometimes, dehydration and shock. People with fulminant colitis are at risk of serious complications, including colon rupture and toxic megacolon, which occurs when the colon becomes severely distended. "1) Diarrhea and rectal bleeding are the classic symptoms of Crohn's disease. The CT scan, MRI, endoscopy and colorectal examinations are the classic invasive techniques for detection. Non-invasive tests involve analysis of the breath, blood tests, stool and fecal occult exams. Duodenal ulcers are caused by H-pylori. Standard treatments are H2 blockers, pepsin AC and proton pump inhibitors. Prilosec is a classic proton inhibitor. The work is a must for any health enthusiast. The problems described are classic middle-age conditions encountered by large portions of the population for a variety of reasons ranging from genetics to junk food consumption. The work is a solid investment for the price charged. Acquiring this volume will help you to discuss any of the symptomatology intelligently with your primary care physician or medical specialist.1)[...]

Answers key questions about preventing and treating Acid Reflux and other gastrointestinal problems. My only complaint about the book is it should show some diagrams of the organs involved explanations.

I recommend this book to book to EVERYONE!!! Very much information.. I am still reading it.. Although I am ill... the book is fantastic.. Any questions or concerns, this book has answers.. You will love the book as well.. I enjoyed this very much.

Very handy reference book for patients. Only drawback I've found is that there are no diagrams or pictures. It's all text. I have downloaded pictures from other sources as needed to understand descriptions. Still, worth the purchase price.

interesting read to educate me futher on my stomach issues which are severe

Very informative on diverticulitis and other diseases.

I enjoy reading it

Lacks some info...but it's ok...I'm more interested in a medical guide not so much aimed at the consumer..this tends towards the consumer. Thus it falls short in a few areas.

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