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Dr. Stephen Wangen

Millions of People Suffer Abdominal Pain

If you have gone to the doctor or the emergency room for severe abdominal pain and have subsequently left the doctors office or ER without any answer for why you are in pain, you will be shocked to learn that you are in very good company.

A very large, 10 year survey of U.S. hospitals found that millions of people visit the emergency room each year for abdominal pain. In fact, abdominal pain is the

NUMBER ONE NON-TRAUMA REASON FOR WHICH PEOPLE VISIT THE EMERGENCY ROOM.

And, more shocking and troubling than that, of the 12 million people who go to the emergency room every year for abdominal pain, the majority of them (83%) walk away WITHOUT a serious diagnosis. Which means that most of these patients walk away still suffering with the same pain they went in with. And if you have had this experience, you probably think you were the exception – the rare person whose problem couldn't be identified. But the opposite is true – you are the norm – the 83%!

Emergency medical workers routinely check patients with abdominal pain for such things as appendicitis, gallstones, pancreatitis, bowel obstruction, internal bleeding, kidney problems and pregnancy. And most are found to have...nothing. Well, nothing that could be identified...except of course the pain. The pain is acutely identified by the patient. But the cause of the pain? That is a complete mystery to the emergency care experts.

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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome
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One reason emergency room doctors are not able to diagnose most abdominal pain is because ERs are set up to save your life. When your abdominal pain is related to a potentially life threatening issue, then the ER will likely find the problem. They are trained experts at both finding the problem(s) that could kill you quickly, and using either drugs or surgery to save your life. This is extremely valuable if that is what you need, and compared to 50 years ago, modern medicine is truly a miracle.

But what if it FEELS like the pain is life threatening, but it is really just a “quality of life” threatening issue? If that is the case, as it is in most abdominal pain patients seen in the emergency room, then the ER is poorly equipped to find and treat the problem. And it doesn’t matter if you go to your local hospital or the Mayo Clinic. The outcome will usually be the same.

Many patients who have been to the IBS Treatment Center have had this exact experience. They have been to fine, well-respected hospitals with unbearable, though not life threatening, abdominal pain and have been sent home with the diagnosis of “abdominal pain.”

At the IBS Treatment Center we specialize in finding the cause of the problem when others have not. We have been able to help people suffering from undiagnosed abdominal pain. Some of our patients have written [testimonials](#) which can be found on our website.

Don’t suffer any longer!

Contact the IBS Treatment Center to find a real solution to your pain.

Key findings: Data from the [National Hospital Ambulatory Medical Care Survey: 1999–2008](#) (NCHS Data Brief, No. 43, September 2010) The number of noninjury emergency department (ED) visits in which abdominal pain was the primary reason for the visit increased 31.8% from 5.3 million in 1999–2000 to 7.0 million in 2007–2008. Use of advanced medical imaging increased strongly for ED visits related to abdominal pain (122.6%)... The number of noninjury ED visits for which abdominal pain was the primary reason increased 31.8%,.... Over the 10 year period, no significant change was observed in the percentage of ED visits for abdominal pain that resulted in a serious diagnosis – It has remained about 17%.

WATCH THIS VIDEO ON ABDOMINAL PAIN

Be one of the first to view *and review* this new YouTube video on abdominal pain produced by members of the IBS Treatment Center. We would appreciate feedback on the video from our newsletter readers as we plan to make more of these informative recordings in the future.

Send your comments to info@IBSTreatmentCenter.com

YouTube Abdominal Pain Video



Dining Options in Portland, Oregon

No matter how restrictive your diet may be, with a week's notice chef Aaron Woo, owner of Portland restaurant **Natural Selection**, is usually willing to create a special menu designed specifically to meet your dietary needs.

Woo is one of a growing number of Oregon chefs, restaurant owners, bakers and brewers who, faced with their own food allergies or other serious health concerns, have decided to open specialty businesses offering food they can eat. Accommodating special requests isn't new -- just think of the gluten-free pizza crusts available at many pizzerias -- but some business owners are going further, with entire menus conforming to Paleolithic, vegan or (most frequently) gluten-free diets.



Woo opened Natural Selection at 3033 NE Alberta St in March 2010 with the hopes of offering a upscale cooking/dining experience that was vegetarian or vegan-based but not loaded with a lot of pasta. Since it's opening Natural Selection has earned accolades for transcending the limitation of its menu.

If vegan isn't quite your thing, then head on over to **Dick's Kitchen** (two locations in Portland) which specializes in the Paleolithic Diet. The Paleo Diet is based on aligning our eating habits with an understanding of the evolution of human physiological and ecological constraints. The benefits of the so-called "caveman diet" intersect nicely with current diet movements such as dairy-free and gluten-free, and diets that reduce the intake of processed foods, sugar and fat. Dick's Kitchen is heavy on healthy meats and vegetables and easy on the grains. Dick's owner Richard Satnick also owns the chain of **Laughing Planet** restaurants which also focus offer good healthy (hand-held) food for your body.

After dinner, pick up a tasty treat from **Petunia's Pies & Pastries**. Gluten intolerant baker Lisa Clark, owner of Petunia's has her vegan and gluten-free pastries and sweets available every day at many Portland locations including New Seasons and Whole Foods Markets.

Also available at many Portland area markets are gluten-free artisan breads from area bakery **New Cascadia Traditional** which is dedicated gluten-free. Or, check out their retail shop at 1700 SE 6th Ave to see their selection of breads, pastries, and cookies.

ANNOUNCEMENT

GIG Is Planning Now for June Event in Seattle



GIG (Gluten Intolerance Group of North America), America's best resource for gluten intolerance information, support, recipes, and events, is bringing their annual event to Seattle this year.

What: Gluten Intolerant Health and Wellness Experience

Where: Doubletree Hotel at SeaTac Airport

When: June 16, 2012

Offered will be health screenings, exhibits, and interactive areas with exercise demonstrations, cooking demonstrations, and fun activities.

Shop
Local
Natural
Organic
Fresh
Healthy
Scratch Bakery
Sustainable
Farmers
Shop Online
Delivery
Curbside Pickup
Convenient
catering

Your Local Market

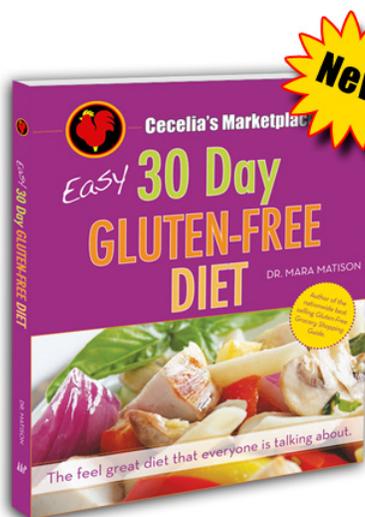
A new grocery store has just opened in downtown Bellevue, WA and it caters to those looking for gluten-free and other allergen free foods. Your Local Market is dedicated to serving the needs of the community with locally grown produce, a commitment to organic foods, and an extensive mix of certified gluten-free products, cooking classes, and educational talks related to nutrition, health, and food allergies. Your Local Market offers grocery delivery and catering to the Eastside.

Your Local Market, 410 Bellevue Way NE

www.yourlocalmarket.com

The 30 Day Gluten-Free Diet Challenge

In conjunction with the release of their new book *The Easy 30 Day Gluten-Free Diet*, Cecelia's Marketplace will be "virtually" hosting **The 30 Day Gluten-Free Diet Challenge**. The Challenge is a perfect opportunity for those people who have been putting off trying a gluten-free diet; those people who just need some extra help getting started on a gluten-free diet; and even for those gluten-free veterans who may want to learn some new recipes, tips, etc. The Challenge event will begin February 1st and run through March 1st. The book *The Easy 30 Day Gluten-Free Diet* will be used as a reference during The Challenge and daily posts will be on Facebook where everyone can join in and share ideas, post photos & comments of their meals, etc.



About the book: *The Easy 30 Day Gluten-Free Diet* was written for anyone needing some extra help starting a gluten-free diet and for anyone wondering if gluten is negatively affecting their health. The diet plan is designed for 30 days - enough time to feel results and just enough time to not feel overwhelmed. It includes a step-by-step 30 day meal plan, full color photos, recipes, tips, and a mini version of our gluten-free grocery shopping guide. After the 30 days is up, the reader can then decide whether a continued gluten-free lifestyle would benefit their health. Says Dr. Mara Matison of Cecelia's Marketplace, "Our goal is bring more awareness to the gluten protein and how it can affect your body."

To learn more about The Challenge [click here](#)

National Oatmeal Month

Did you know that January is National Oatmeal Month? Indeed, oatmeal is consumed in January at a rate unmatched in any other month of the year. According to Quaker Oats Company, Americans bought enough oatmeal in January last year to make 470 million bowls.

This image was released by the National Cancer Institute, an agency part of the National Institutes of Health, with the ID 2647

There are many reasons to celebrate oatmeal, not the least among them, its long-appreciated health benefits. Oats boast both high protein and complex carbohydrates. Their water-soluble fiber actually improves the level of LDL (“good”) cholesterol and assists in a slow digestion rate, helping to maintain stable blood-glucose levels. In fact, oats contain more soluble fiber than any other grain, meaning you will feel fuller longer. This healthy cereal grain can even claim that it may help reduce the risk of heart disease.



Years ago, oats were regularly on the “must avoid” list for those with celiac and gluten intolerance. But now it is well understood that oats do NOT contain gluten and it is only because they are often contaminated in processing and/or packaging with other gluten-containing grains that they are included in the gluten category.

Current medical opinions are fairly united on the fact that uncontaminated oats are safe for most celiacs, once their disease is well-controlled with a fully gluten-free diet. Still, as with any food, some people will react to oats due to allergies or a sensitivity to food proteins (avenins in oats), so it is best to discuss with your own health practitioner how and when to introduce oats into your gluten-free diet.

Once you have decided to introduce oats to your gluten-free diet, consider them on a “use caution” list. As said, we now know that oats themselves do not contain gluten, but due to cross-contamination with gluten-containing grains, it is imperative that you buy only Certified Gluten-Free Oats if following a gluten-free diet. Oats that are not so certified, almost certainly have been contaminated in growing, milling, processing and packaging, and therefore, contain gluten.



Many thanks to Jules Gluten Free for this story on oatmeal.

For delicious recipes: Oatmeal Cake, Oatmeal Cookies, Oatmeal Soap, and more, visit www.julesglutenfree.com/



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