

# IBS TREATMENT CENTER

## NEWSLETTER

*Get out of the bathroom and get back to your life*

MEMBER OF **INNATE**  
HEALTH GROUP

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## Back to School: 3 Secrets for Dealing With IBS

As summer draws to an end many of us are preparing to go back to school or send our children back to school. For those suffering with Irritable Bowel Syndrome (IBS), this can mean big challenges, like worrying about making it on time when you have a particularly tough morning in the bathroom, or being stuck on the school bus in rush hour traffic with nowhere to go. It wouldn't be the first time I've heard IBS patients telling me how they used to have panic attacks when stuck in traffic.

Back to School time is a good time to prepare for dealing with IBS. Digestive problems, including IBS, can cause embarrassment, missed classes, depressed grades and achievement, and even require some students to drop out.

Consider Andrew. Andrew was a normal healthy teenager. He and his older brothers played basketball, had active social lives, and did well in school. But when Andrew started having digestive problems things slowly but consistently spiraled out of control. Eventually Andrew saw no other choice but to give up basketball because he couldn't make it through practice. Andrew had to give up something he really loved. And to top it off, his grades started dropping significantly and he became depressed. His parents were extremely concerned.

Andrew's story is not unusual for a patient with IBS. But even though IBS affects millions of children and is the second most common reason that adults miss work, the taboo over conversation about one's digestion means that many

## Meet Our Physicians



Dr. Kelly Baker, ND LAc



Dr. Amy Nelson, ND



Dr. Catherine Coy, ND



Dr. Stephen Wangen, ND

children and adults are suffering in silence from the effects of untreated IBS. The topic is so taboo that a major teacher's organization doesn't even list IBS as a consideration in this article about health impacts on education. This is in spite of statistics that tell us about the huge impact that IBS has on student attendance.

Ideally the most effective solution is to get treatment that ends IBS. But if a cure has eluded you, here are our **three secrets** for dealing with IBS while in school.

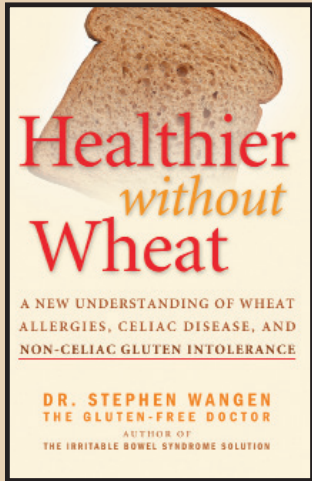
**One** Be prepared. This may require working with teachers and administrators to get the student permission to run to the restroom whenever they need to do so. Providing simple meals for school time may also help. Have over-the-counter medicines constantly available to help with symptoms. For example, put anti-diarrheal medicine in the student's desk and in their backpack. Younger children may need help or special school permissions for medication.

**Two** Communicate frequently with your teachers. Students with IBS often miss classes. Extra effort is usually required to make sure the student gets all the information about what was covered in class, assignments, and etc. Close coordination with instructors can make this easier and less embarrassing for your child.

**Three** Get Creative! If a student's IBS is going to interfere with school, it is worth considering this as when determining what school to attend, which classes to take, and whether or not to home school or choose online educational options. Primary and secondary schools vary quite a bit in how well they accommodate students with chronic health problems so find out about your options. You may even qualify for a formal accommodation program. Universities may have options for on-campus residence in private rooms and other accommodations. Find out what is available and take advantage of whatever makes the most sense.

But **the real secret** is that almost any student can end their IBS and get back to school free from the problems it causes. Andrew's school career was on the road to failure before he got effective treatment for his IBS. When he did - his life improved dramatically. His grades improved, his depression cleared, and he returned to sports. His college dreams were re-energized and he was free to choose the school that was right for him, not one that could deal with his condition.

Today Andrew is a normal college student who is doing great and his only regret is that he didn't get his IBS taken care of sooner. [Read more about Andrew in his own words.](#)



For yourself or someone you know,  
Dr. Wangen's book **Healthier Without Wheat**  
is available by calling

(206) 264-1111 or (888) 546-6283  
or at

[IBSTreatmentCenter.com](http://IBSTreatmentCenter.com)

## Talks by Dr. Wangen

Dr. Stephen Wangen, ND will be speaking at the following events and expos this coming fall. Mark your calendar and tell your friends and family across the country about these opportunities to meet Dr. Wangen in person and to hear him speak.



### Gluten & Allergen Free Wellness Event

Hartford, CT

October 5, 2014

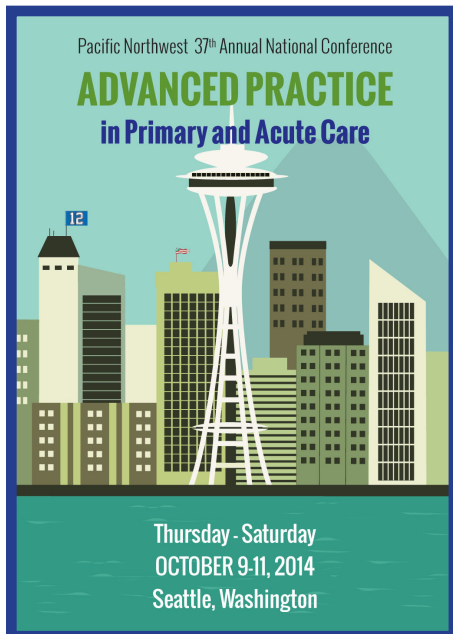
### Gluten & Allergen Free Expos

Secaucus, NJ

September 6, 2014

Springfield, MA

October 25, 2014



### Probiotics During Pregnancy and Lactation

Dr. Stephen Wangen, ND will be speaking on the topic “Probiotics and Their Use in Pregnancy and Lactation” at the Advanced Practice in Primary and Acute Care Conference presented by UW Continuing Nursing Education.

This national conference typically has an attendance around 800 and is presented primarily for nurse practitioners. Other attendees will include physicians, physician assistants, pharmacists, nurses, midwives and other interested healthcare professionals.

Conference dates: October 9-11, 2014

Dr. Wangen to speak: Friday, October 10, 2:45PM

Location: Washington State Convention Center, Seattle

Information: <http://www.uwcne.org/secure/display3.asp?SKU=14130-A-C>