

WELCOME

The IBS Treatment Center is pleased to introduce our newest physician, Dr. Kelly Baker



See page 3 to learn more about Dr. Baker

Your Medications Can Cause Constipation

Constipation is something that many people take for granted. Patients often think that they are perfectly normal if they are having a bowel movement once every day or two (or once every three days), even if it requires that they take extra fiber or some other special supplement to maintain that routine. However, if you are not having at least one, easy to pass, bowel movement per day, with nary a second thought, then it means that you are experiencing constipation.

And, if you are experiencing constipation, you are not alone. Millions of people suffer from this problem. Studies suggest that the number of constipated North Americans may be over **60 million**.

Treating constipated patients is a specialty of the IBS Treatment Center. One of the issues that we have discovered is that many medications taken by patients are either causing or exacerbating their constipation. Medications that can cause constipation include popular allergy medications, antacids, cholesterol lowering meds, blood pressure meds, antidepressants, and others. (See next page for list.)

If you have constipation and you are taking *any* medications, be sure to consider the possibility that the medication could be contributing to your problem. If you want to know the potential side-effects for a medication, type the name of the medication into your favorite search engine (such as Google or Bing) and add the words “side-effects.” Or type in the name of your medication and the symptoms from which you are suffering. You should have no problem finding the information that you need.

(In a strange but true twist, many of these medications can also cause diarrhea [see previous newsletter]). Iron and calcium can also be culprits in the cause of constipation.

The **IBS Treatment Center** is the nation’s leading facility for the successful treatment of Irritable Bowel Syndrome

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Some of the more problematic medications for causing constipation:

- Allegra® (and anything that dries you up)
- Anticonvulsants such as phenytoin (Dilantin®)
- Antidepressants: especially tricyclic antidepressants such as amitriptyline (Elavil®) and imipramine
- Antiepileptics such as gabapentin and phenytoin
- Benadryl® (diphenhydramine)
- Calcium channel blockers such as Cardizem® and nifedipine (Procardia®)
- Calcium supplements
- Claritin®
- Codeine® and oxycodone (Percoset®)
- Dicyclomine® and other antispasmodics: hyoscine (hyoscyamine)
- Diuretics
- Fosamax® and many other bone density medications
- Iron supplements
- Lipitor®, Simvastatin® and many other cholesterol lowering drugs
- Opioids such as oxycontin and Vicodin®
- Prevacid®, Prilosec®, and other acid blocking medications
- Tums®, Amphojel®, and other aluminum containing antacids
- Verapamil® and other calcium channel blockers
- Zyrtec®

Constipation is more than just uncomfortable. It means that your digestive and elimination systems are not working properly.

If you need help with any digestive symptoms, possibly caused by medication or otherwise, please contact us at the IBS Treatment Center, (206)264-1111. We are here to help solve digestive disorder problems -- not just treat bothersome symptoms with more pills.

Yes, we have heard it all...
"Constipated people are full of it"
"Constipated people don't give a crap"
ha ha ha -- tell us one we don't know!



Lobby of the IBS Treatment Center
call (206) 264-1111
or email info@IBSTreatmentCenter.com

Welcome Dr. Kelly Baker ND LAc



The IBS Treatment Center is pleased to introduce our newest physician, Dr. Kelly Baker.

Dr. Baker has both a personal and professional interest in food allergies, autoimmune conditions, and digestive problems. She was diagnosed with celiac disease in 2009 and has been living gluten free ever since. This experience has given her a keen understanding of the power of food allergies and the body's potential for healing.

Dr. Baker is a board-licensed physician with a doctorate degree in Naturopathic Medicine from Bastyr University. She graduated with honors from Michigan State University with dual bachelor degrees in Human Physiology and Linguistics. While studying at Bastyr, she also earned her Masters of Science in Acupuncture.

Dr. Baker has a special interest in serving children. She has completed advanced training in pediatrics and has a wealth of experience in working with kids of all ages. She is also an accomplished speaker and enjoys educating her patients on their health conditions and helping them fully understand the best path to optimum health.

Dr. Baker has already proven to be a great asset to the IBS Treatment Center and looks forward to the opportunity to help many more patients. To contact her directly, or to schedule an appointment with her, please call the IBS Treatment Center at (206) 264-1111.

ANNOUNCEMENT

FDA considering food allergen labeling

The Food and Drug Administration is seeking information to establish “safe thresholds” for the most common food allergens. Specifically, the FDA seeks to define what constitutes “an allergic response that poses a risk to human health,” and identify which food allergies are most prevalent and the size of the at-risk population. The agency will also investigate what data exist that could inform future regulation on allergen thresholds.

According to the FDA, identifying such thresholds will help the agency determine how to best respond when undeclared allergens are found in food or when unintentional allergen contaminations occurs, as well as better evaluate petitions for allergen labeling exceptions.

At the IBS Treatment Center we strongly encourage that thresholds for allergen labeling be set very low - at the practical detection limit if possible. Because modern manufacturing often uses the same buildings and machinery to process and package a wide variety of foods, cross contamination can easily result. Since many people react to even tiny amounts of allergens in their food, establishing low thresholds for allergen labeling is very important.

The public can read the [docket](#) and submit comments on safe food allergen threshold levels through February. 7, 2013.



U.S. Food and Drug Administration
Protecting and Promoting *Your* Health

Study on risk factors for distress in children with food allergies

Ms. Candice Chow, a PhD student in Clinical Psychology at Boston University, is writing her dissertation on risk factors for psychological distress in children with food allergy. She is looking for mothers of children with food allergy to complete an online survey. The kids do not need to participate. This study has been approved by the Boston University Charles River Campus Institutional Review Board.

If you are the mother of either a healthy child, or a child with a diagnosed food allergy, you may be eligible to participate in an online, survey-based research study being conducted through Boston University. The study involves completing a 20-45 minute online questionnaire. You will have the opportunity to enter a lottery to win a \$250 Amazon gift card. If interested, please visit:

<https://www.surveymonkey.com/s/allergysurvey>

CLASSES

FAIF Classes offered for Restaurant Staff and Management

The Food Allergy and Intolerance Foundation (FAIF) has partnered with The Wait Station (www.TheWaitStation.com) to offer classes for restaurant staff and management.

The new classes being offered by the FAIF serve to teach restaurant staff how to work with their food allergy customers and to ensure these valuable diners get the best possible service.

The classes have three major areas of instruction:

1. Basic introduction to the science of food allergy; the range of allergic symptoms and reactions; and, differences between intolerance and allergy.
2. The most common food allergens, the various names these foods can be called, and where they may be hiding in food.
3. Strategies for communicating with customers to ensure the best dining experience.

The FAIF classes are different from other classes offered to restaurant employees on food allergies which tend to focus solely on allergies that have life threatening symptoms. The FAIF classes serve to help attendees understand the wide range of food allergy symptoms and why different customers may have different needs.

The first class was offered in early November at Seattle's famous Tom Douglas restaurant The Palace Kitchen. Servers, chefs, and others all appreciated learning about food allergies and the various issues customers with food allergies face. Staff had an opportunity in class to share their stories about customer behavior regarding allergies.

If you are interested in having a class at your restaurant, please contact the Food Allergy and Intolerance Foundation at contact@foodallergyinfo.org.

Actual communication from a recent patient of the IBS Treatment Center and Thomas Mercer our Operations Officer:

Hi. I would like to donate some money for people who can't afford treatment. I looked on your web site and cannot find a place to do this. May I send you a check? Kathleen

Dear Kathy -- Thank you for your generosity. In 2005 we started a public charity called the Food Allergy and Intolerance Foundation to receive financial donations for those who can not afford food allergy testing and treatment. You can make a donation through the FAIF website (via PayPal) or send a check, and specify how you would like the funds dedicated. Again, thank you for your kindness – we love to be able to help others through the generosity of people like you. Thomas

That's great Thomas. What is the contact information?

Food Allergy and Intolerance Foundation website:

<http://www.FoodAllergyInFo.org>

Online Donations: <http://foodallergyinfo.org/Donate.htm>

Mailing Address: 11300 Roosevelt Way NE Suite 100
Seattle, WA 98125

WEBSITE

Innovation for those with food allergies

After two years of research and development, Pauline O'Sullivan & Michelle Kazukaitis have recently joined the University of The Sunshine Coast's Innovation Centre Program, with their business, TheAllergyMenu.com. TheAllergyMenu will be mentored by a team of successful entrepreneurs to maximize its potential as The Ultimate Food Allergy, Food Intolerance & Special Diet Resource Hub.

TheAllergyMenu.com is the only resource in the world that categorizes recipes to enable users to sort and remove over 18 allergens in one click and sort recipes by dietary protocols including GAPS, SCD, Vegan, Paleo, WAP, GFCF, and many more.

TheAllergyMenu website can assist medical professionals, nutritionists, dietitians & naturopaths in implementing the dietary protocols that their clients require, and offers the public a constantly updated source of recipes that meet their strict dietary protocols.

TheAllergyMenu is designed to offer those living with dietary restrictions a healthy, varied and delicious assortment of recipes to choose from, without stress.

www.TheAllergyMenu.com