

IN THIS ISSUE

- 1....Treating Ulcerative Colitis and Crohn's Disease
- 2...Treating UC and Crohn's continued
- 2...Announcements
- 3...Announcements
- 4....Dr. Wangen's Scheduled Presentations



Dr. Stephen Wangen

Treating Ulcerative Colitis and Crohn's Disease

We often receive calls asking if we treat Ulcerative Colitis or Crohn's Disease, and the answer is an emphatic "YES!" Though the clinic was originally founded with an emphasis on treating IBS, patients with Ulcerative Colitis and Crohn's, which together make up IBD (inflammatory bowel disease), are also welcome and receive unique and highly specialized treatment at the IBS Treatment Center.

Do These Issues Have Anything in Common?

IBD, like IBS, is not a particularly useful acronym for the person suffering from the problem. In both cases the acronym provides a label for describing the condition, but it does not provide any information for understanding the cause of the problem or to attempt to cure it. Our goal is to find the cause of the problem so that it can be cured. And IBD sufferers are just as surprised as IBS sufferers to discover that there is much more to learn about digestive health than what they learned from their gastroenterologist.

What is the difference between IBS and IBD?

IBD is much like IBS except in one major area. IBD sufferers are found to have ulcerations in the digestive tract. The difference between Ulcerative Colitis and Crohn's Disease is the location of the ulcerations. In Ulcerative Colitis, the ulcers are predictably found primarily in the colon. In Crohn's Disease the ulcerations are found primarily in the small intestine. Patients with Ulcerative Colitis often experience bleeding with bowel movements, but this is uncommon in Crohn's Disease. However, other than the different locations and different names, there is no useful medical understanding that differentiates the two conditions.

Continued on Page 2

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

**IBS Treatment Center 1229 Madison Street, Suite 1220 Seattle, WA 98104
(206) 264-1111**

www.IBSTreatmentCenter.com

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continued from page 1

Our approach to IBD

Patients with IBD are suffering from inflammation in the digestive tract. And the issues that cause inflammation in the digestive are the same for IBS as they are for IBD. The difference is that in the case of IBD the inflammation is resulting in ulcers within the digestive tract. Medical studies have established that there are many different causes for this type of inflammation, but it takes a specialist trained to do the detective work to sort through these causes in order to get to the bottom of the problem, so to speak. And each person is different, so each case is unique.

Food allergies commonly cause ulcerations in the digestive tract, whether it be aphthous ulcers in the mouth or other types of ulcerations throughout the digestive tract. Numerous microorganisms, including various bacteria and yeast, can also cause ulcerations. And it has also been demonstrated that food allergies can cause bleeding in the digestive tract.

These are the kinds of things that we see contributing to Ulcerative Colitis and Crohn's Disease at the IBS Treatment Center. The challenge is to use testing that is sophisticated enough to detect the various types of food allergies. And we also use the most advanced DNA stool testing available in order to find bacterial infections, yeast overgrowths, and parasites. This allows us to create highly effective individualized treatment plans for our patients, which generally results in dramatic improvement in their health, without the use of their only previous option - powerful anti-inflammatory drugs with numerous side effects.

If you or someone you know suffers from Ulcerative Colitis or Crohn's Disease, please encourage them to visit the IBS Treatment Center. There is hope, and there is a logical reason for their problem. Our goal is to help them find it.

ANNOUNCEMENT

Discount Available on CRENU Nutrition Bars

The good people at CRENU are offering a discount to IBS Treatment Center newsletter readers. Enter the coupon code "yummy" when placing your first order and receive a \$2.00 discount. CRENU Nutrition Bars come in a great variety of flavors and are free of all the common allergens. Check their website <http://crenu.com/> for a complete list of CRENU bars and ingredients.



“CRENU™ “good food for good people”™

Attention Support Group Leaders Green Polka Dot Box Launches New Savings Program

GIG Branch members can save 20% when signing up early with Green Polka Dot Box!

The Green Polka Dot Box is a new online buying club for specialty food products. The Green Polka Dot Box has worked with companies that make allergen free foods to provide a significant savings to those who order through their new program. Think of Green Polka Dot Box as a discount store with all the products you need.

The time is now to get a special savings offer made only to you and your Branch members. Save 20% by signing up your Branch. Pass this savings on to your members and they can also save 20%. Every time your members buy, your Branch and GIG earn points towards special purchases or cash refunds. This is a great way to help your members and earn money for your Branch.

First: Sign up your Branch using the following link: www.greenpolkadotbox.com/gigbranches.

Next: Encourage your members to sign up individually

The more members that decide to sign up, the more credit your Branch will earn.

If you have questions, please call or email Rod Smith at Green Polka Dot Box
rsmith@greenpolkadotbox.com

Dr. Wangen's Scheduled Presentations

If you would like Dr. Wangen, or a representative of the IBS Treatment Center, to speak to your organization please contact us via email at info@ibstreatmentcenter.com or at 206-264-1111.

Gig Harbor, WA

Wednesday, June 23rd, 2010 7:00 PM

Gig Harbor Gluten Free is hosting Dr. Wangen for a talk on gluten intolerance and celiac disease. Peninsula Retirement, 3445 - 50th St. Court NW, Gig Harbor.

San Diego, CA

Saturday, July 24th, 2:00 PM

Dr. Wangen will be the guest speaker at the Gluten Free in SD support group meeting at Rady Children's Medical Office Building, 3030 Children's Way, San Diego, 92123. Room 113 (which is on the ground floor at the south end of the building in the back.)

Orange County, CA

Thursday, July 29, 7:00 PM

Orange County Celiacs will be hosting Dr. Wangen. To speak at the Neighborhood Community Center, 1845 Park Ave, Costa Mesa 92626

Seattle, WA

Tuesday, September 14, 7:00 PM

Dr. Wangen has been invited to speak again to the King County Medical Assistants at Children's Hospital.

PCC GLUTEN FREE BAKING CLASSES [Info on PCC website and PCC Cooks Calendar](#) West Seattle PCC

Wednesday, September 15, 6:30 to 9 p.m.

Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker" together

Greenlake PCC

Monday, September 20, 6:30 to 9 p.m.

Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker" together

Issaquah PCC

October 4, 6:30 to 9 p.m.

Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker" together

Edmonds PCC

Saturday, November 14, 6:30 to 9 p.m.

Dr. Wangen "The Gluten-free Doctor" and Reginald Beck "The Fearless Baker" together

Ceour d'Alene, ID

Saturday, October 16

Fall Conference of the Pacific Northwest Society of Gastroenterology Nurses and Associates

