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Dr. Stephen Wangen

Colonoscopies Do Not Help Most Common Digestive Problems

Have you had a colonoscopy thinking that it would solve your digestive problem? Are you considering having a colonoscopy in the hopes that it will be the answer to your G.I. troubles? What is the true value of a colonoscopy anyway?

The use of the colonoscopy is widely misunderstood. Although it is an important tool, its ability to cure patients of common digestive problems such as chronic diarrhea, constipation, or abdominal pain is incredibly limited.

If you have visited a gastroenterologist because you are suffering from constipation or diarrhea, then there is a very good chance that they will have recommended that you have a colonoscopy. And it is understandable to then think that the colonoscopy will finally be the solution to your problem, because it is often the point of emphasis.

First, it should be noted that a colonoscopy is for the most part a viewing procedure, not a treatment. It is the process of looking at the inside of the colon. The colonoscopy involves introducing a fiber optic scope into the rectum and up into the colon. This allows the doctor to see any possible problems such as polyps, ulcers, tumors, and damaged tissue that is bleeding. These are all potentially serious issues

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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome
Mailing Address: 11300 Roosevelt Way NE, Suite 100 Seattle, Washington 98125

Phone: (206) 264-1111

www.IBSTreatmentCenter.com

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worthy of diagnosis, but only a small number of people actually have any one of these problems. It is important to know that during a colonoscopy doctors cannot see bacteria, yeast, or most parasites. Nor can doctors diagnose celiac disease or any other food reaction via a colonoscopy. And any one of these could be the true cause of your symptoms.

One of the most significant benefits of a colonoscopy is the identification and removal of polyps. Polyps rarely cause digestive problems, but removing them is important because polyps increase the risk for developing colon cancer. Removing the polyp dramatically reduces this risk. This is the impetus for a screening colonoscopies at the age of 50 and regular screenings after that.

However, for the average person suffering from constipation, diarrhea, or abdominal pain, the colonoscopy is unlikely to have any immediate or long term impact on the symptoms, regardless of age. It is highly unlikely that you will come away from a colonoscopy feeling any better than you did before you had the colonoscopy. (Note: The same is true for most of the imaging studies performed by the gastroenterologist. The barium swallow is unlikely to solve your problem, nor is the gastric emptying study.)

It may still be important that you have the colonoscopy, as it is important to rule out ulcers, tumors, and the like. But you should not get your hopes up that it will solve your problem. You will likely come away with a clean bill of health, maybe having had a polyp or two removed, but you will still have the same symptoms you went in with.

And this is the scenario described by patients every day at the IBS Treatment Center. People with life altering digestive problems are often surprised to learn that everything basically looks fine on their colonoscopy. Which is not unlike millions of other people with IBS and related chronic digestive disorders who have had colonoscopies.

That is where the IBS Treatment Center can be helpful. Our expertise starts where the colonoscopy ends. We can take your treatment to the next level, and we welcome you, regardless of the outcome of your colonoscopy. Please contact us if you haven't yet gotten a clear resolution of your problem.

The IBS Treatment Center located
in the Northgate Pointe Building
Northgate area of Seattle, WA



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



Dr. Wangen to be featured on South Korean TV news

We are excited to announce that South Korea's Seoul Broadcasting System (SBS) has asked Dr. Wangen to serve as the network's leading expert on both celiac disease and non-celiac gluten reactions. SBS sent a crew and has been filming Dr. Wangen for the past 5 days - in his practice, interviewing patients, and investigating other resources including the Gluten Intolerance Group of North America's one day expo on June 16th.

Like the U.S., South Korea is beginning to make the connections between gluten intolerance, food allergies and the overall health of the body. The success of Dr. Wangen's "Healthier Without Wheat" book in that country, as well as SBS staff experience with some South Korean patients ultimately led the network to reach out and suggest what will become a 5-part news series on gluten intolerance and celiac disease.

If you are interested in watching this series it will be shown on the popular morning show "Morning Wide" on SBS stations in South Korea, and online. It should air during the week of July 16th.

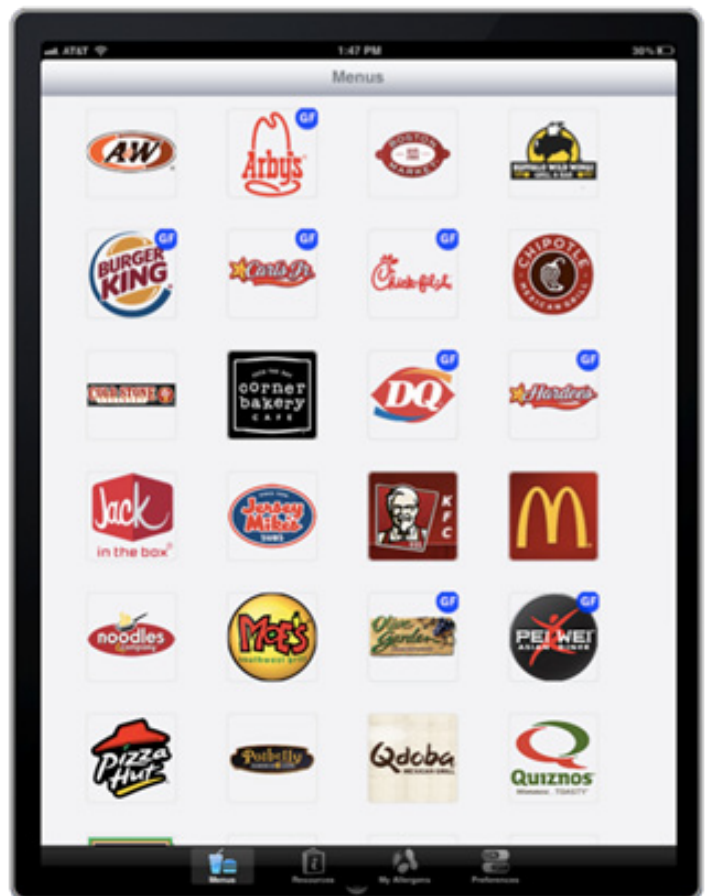


iCanEat OnTheGo -- Fast Food App

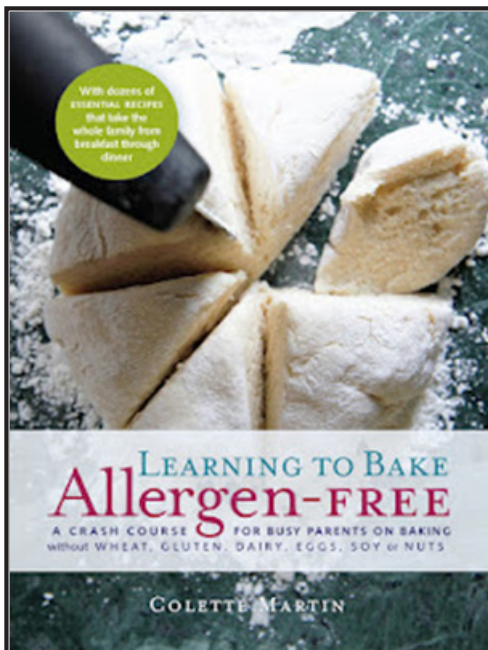
There are lots of handy apps out there for the savvy tech user. The **iCanEatOnTheGo** app is designed specifically with the food allergy challenged customer in mind. With over 30 national fast food restaurant chains represented it is easy to see what you can eat when you are "on the go." You can personalize your menu options by hiding items that contain any of these foods: egg, fish, gluten, milk, peanuts, shellfish, soy, tree nuts, and wheat.

Decide where and what you can order by easily browsing options from the following restaurants:

A&W, Arby's, Boston Market, Buffalo Wild Wings, Burger King, Carl's Jr, Chick-fil-A, Chipotle, Coldstone, Corner Bakery, Dairy Queen, Hardees, Jack in the Box, Jersey Mikes, KFC, McDonald's, Moe's Southwest Grill, Noodles and Company, Olive Garden, Pei Wei, Pizza Hut, Potbellies, Qdoba, Quiznos, Saladworks, Sonic, Steak n Shake, Subway, Taco Bell & Wendy's.



The app is available now for \$1.99 on the App Store



Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts

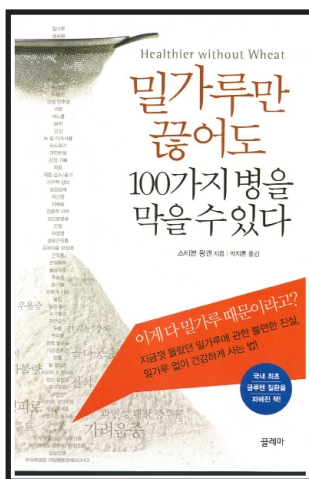
This book is an essential guide to delicious baking for multiple food allergies—with dozens of recipes that take the whole family from breakfast through dinner

As more and more parents are discovering, the instant a child is diagnosed with severe or multiple allergies, food can't be taken for granted anymore. Shopping turns into a frustrating hunt through ingredient lists, and every school lunch and birthday party becomes a potential nightmare. Whether parents love to bake or hate it, with most packaged foods and bakery treats suddenly off-limits, they'll need to learn.

Author Colette Martin overcame her kitchen challenges when her son was diagnosed with wheat, milk, soy, egg, and peanut allergies—and in *Learning to Bake Allergen-Free*, she gives parents the confidence to embrace new foods that are safe for their children, arming them with:

- Info on how to avoid the top eight food allergens
- Substitutions and techniques to make favorite recipes allergen-free
- Simple tips on how to use new ingredients for the best results
- Over 75 recipes—some from scratch, some from mixes—for Cinnamon Rolls, Spicy Cornbread, Chocolate Chunk Cookies, and more!

Foreword written by Dr. Stephen Wangen.



Dr. Wangen's Books Go Global

We are pleased to share the news that Dr. Wangen's book **Healthier Without Wheat** has now been published in both Italian and Korean (cover images shown here). If your Italian or Korean language skills are a little weak, the book is available in plain ole English in hard copy and e-book versions. To order a copy go to:

<http://ibstreatmentcenter.com/prodcat/books>

Also available at most book stores and online retailers.

