



Talking to Your Doctor About Irritable Bowel Syndrome

A publication of the International Foundation for Functional Gastrointestinal Disorders (IFFGD)

Irritable bowel syndrome (IBS) is a disturbance of bowel function that includes symptoms of abdominal pain or discomfort and altered bowel habit (change in frequency or consistency) – chronic or recurrent diarrhea, constipation, or both in alteration. Additional symptoms may be experienced such as bloating, feeling of urgency or incomplete evacuation, or the passage of mucus with stool. The impact of IBS varies with each individual. For some people, it may severely compromise quality of life.

IBS is characterized by intestinal abnormalities involving motility (involuntary contractions within the digestive tract), sensation, and perception. Heightened sensitivity can cause normally non-painful stimuli within the bowel to be experienced as painful. IBS is a multifaceted disorder. While there is no known cure, it can usually be managed. The exact cause of IBS is unknown, and it is becoming recognized that many factors can contribute to the symptoms we recognize as IBS.

In individuals with IBS, no structural or biochemical abnormalities are seen upon examination. The absence of a definitive biological marker to diagnose IBS may result in a tendency for physicians to overdo diagnostic procedures, or for patients to ask for them. Recent symptom based diagnostic criteria (the Rome III Criteria) help to make a reliable diagnosis possible. These criteria are based on the presentation of a specific set of symptoms. In addition, a physical examination and limited diagnostic tests help confirm this diagnosis with a high level of confidence. Extensive radiologic, motility, and endoscopic testing may be reserved for specific situations. Signs or symptoms not associated with IBS that suggest another cause include: rectal bleeding, weight loss, fever, awakening from sleep at night, family history of colon cancer or inflammatory bowel disease, and onset of symptoms (or change in symptoms) over the age of 50.

There is no single medication available to treat the multiple symptoms of IBS. Like other chronic diseases, managing irritable bowel syndrome is not easy. Effective management is often dependent on a successful patient-doctor relationship. Although the time you spend with your doctor may be limited, you can help ensure that

effective two-way communication takes place during your visit.

We encourage you to be proactive in your own health maintenance. Make the most out of your doctor visit—be prepared. Complete the worksheet on the back of this page and take it to your doctor. By providing your physician with this information, he or she may be able to gain a greater insight not ordinarily attainable during a standard 15-minute appointment.

Developing a Treatment Plan

1. Begin by educating yourself about IBS. Symptoms can be mild, moderate, or severe. They are chronic, intermittent, frequently variable, and often manageable.
2. If your doctor has already made a diagnosis of IBS, stop worrying that it is “something else.”
3. Use a diary for a week or two to identify factors that might bring on symptoms or make your condition worse and discuss this with your doctor. (IFFGD has designed a *Daily Diary* for this purpose.)
4. Talk to your doctor about treatment goals, develop a plan that is appropriate for you, and discuss options for managing severe pain and other symptoms. Working in partnership with a knowledgeable healthcare provider helps obtain the best possible results.

Talking to Your Doctor

When you visit your doctor you will want to know what is wrong, what the physician can do to treat it, and what you can do to better manage it. Your physician will begin by taking a history asking for a description of the symptoms as well as possible factors that can bring them on or make them better. This will be followed by a physical examination, possibly diagnostic tests, a diagnosis, and a discussion of treatment options.

Symptoms of IBS, though chronic or recurrent, can vary in duration, intensity, and description. Management of symptoms often is not easy and requires individual participation while working with a physician or healthcare provider. Don't be afraid to ask questions; write them down before your appointment. As a patient with IBS, you should never feel devalued, ignored, or uncomfortable with your doctor. If you do, or if your concerns are not being met, it is time to change to another physician. Your goal is to obtain a diagnosis, understand IBS and your symptoms, and develop a management or treatment plan designed to meet your individual needs.

The course of IBS is highly individualized and can be challenging to even the most knowledgeable and caring physician. Be organized when you visit your doctor. Here are some things you can do to help make your physician visit most effective.

1. List your symptoms and how frequently they occur. Try to be as specific as you can. For example, describe where pain is located, how often it occurs, and what makes it worse or better. Keeping a daily diary for a couple of weeks that lists symptoms and associated activities can help sort this out.

Symptom	Frequency
_____	_____
_____	_____
_____	_____
_____	_____

2. Provide your doctor with a list of all other chronic illness currently affecting your health, and of prior infectious gastrointestinal illness.

3. List all prescription and nonprescription (over-the-counter) medications as well as herbal supplements you currently take. Include dosage and frequency.

Medication	Dosage	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. Inform your doctor of any previous gastrointestinal procedures or tests. Samples would include colonoscopy, sigmoidoscopy, endoscopy, and ERCP (endoscopic retrograde cholangiopancreatography).

Year	Procedure / Test	Results
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

5. Inform your doctor of any previous surgeries, especially abdominal or gastrointestinal surgeries.

Year	Surgery
_____	_____
_____	_____
_____	_____
_____	_____

6. Use the space below to write down any other questions you may have for your doctor or to take notes during the appointment. It is imperative that you walk away from your doctor's appointment with a clear understanding of what he or she tells you. Therefore, do not be hesitant to ask questions.

Suggested Reading

Personal Daily Diary. IFFGD, Fact Sheet No. PDD.

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IFFGD is a nonprofit education and research organization. Our mission is to inform, assist, and support people affected by gastrointestinal disorders. For more information, or permission to reprint this article, write to IFFGD, P.O. Box 170864, Milwaukee, WI 53217-8076. Call toll-free (in the U.S.): 888-964-2001 or 414-964-1799. Visit our websites at: www.iffgd.org or www.aboutibs.org.

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- Quarterly journal, *Digestive Health Matters*.



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International
Foundation for
Functional
Gastrointestinal
Disorders



*To inform,
assist, and
support those
affected by
gastrointestinal
disorders*

IFFGD



The International Foundation for Functional Gastrointestinal Disorders is a nonprofit education, and research organization. We rely upon contributions in order to carry out our work on behalf of those concerned with the issues surrounding life with functional gastrointestinal or motility disorders. We invite you to become a member of IFFGD in support of our efforts. We welcome your comments or questions. For more information, please call or write to us using the numbers and addresses below.

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For information on specific health topics,
visit these IFFGD web sites:

www.aboutibs.org

www.aboutgerd.org

www.aboutkidsgis.org

www.aboutincontinence.org

www.aboutconstipation.org

www.aboutgimotility.org

www.giresearch.org



International Foundation for Functional Gastrointestinal Disorders

The International Foundation for Functional Gastrointestinal Disorders (IFFGD) is a nonprofit education and research organization dedicated to informing, assisting and supporting people affected by gastrointestinal or motility disorders.

The largest organization of its kind in the U.S., IFFGD has been working with patients, families, physicians, practitioners, researchers, employers, regulators and others to broaden understanding about gastrointestinal (GI) disorders.

We work closely with health care professionals and the medical and pharmaceutical industries. This cooperative effort places IFFGD at the forefront of functional GI and motility disorders care and research, helping us to aid and benefit those affected.

We work with an international group of experts from multiple disciplines who serve on our medical advisory board. We provide a link between clinical research and patient care. Working together, we help ensure that clinical advancements concerning GI disorders result in improvements in the quality of life of those affected.

IFFGD offers a community of support for people affected by functional GI and motility disorders. We are a resource for anyone seeking knowledge about these disorders.

We invite you to become a part of our worldwide community of support.

For People Affected by functional gastrointestinal and motility disorders, IFFGD offers a community of support. We . . .

- Print state-of-the-art information in our publications and quarterly journal, ***Digestive Health Matters***, focusing on functional GI and motility disorders in adults and children
- Host a family of web sites that target the treatment and management of specific GI disorders
- Increase awareness of the medical and personal issues faced by those affected
- Fight for more research on methods to diagnose and treat these disorders
- Provide our members the means to voice their concerns where they count –
 - To the U.S. Congress which appropriates funding of research through the National Institutes of Health
 - To researchers in industries and institutions around the world
 - To clinicians who care for and treat patients

Working With Professionals in health care and industry, IFFGD forms alliances in support of treatment, scientific inquiry and clinical care. We . . .

- Initiate and sponsor educational symposiums
- Encourage the support of scientific inquiry and research through research awards
- Developed the IFFGD *Functional GI Disorders Education Program Guide* with leading experts in order to facilitate community education programs
- Provide a resource of information about the prevalence of functional GI disorders and the needs of people affected
- Participate in conferences and symposiums
- Provide patient support, assistance, and education

**Gastrointestinal Disorders
Addressed by IFFGD Include:**

Abdominal
Bloating or
Pain

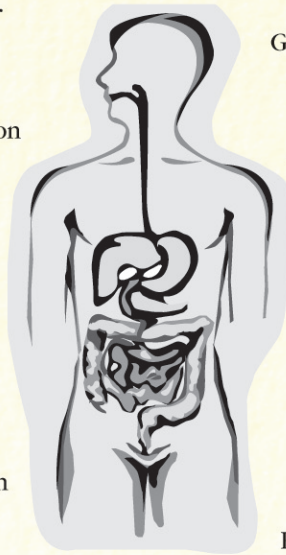
Chronic
Constipation

Cyclic
Vomiting
Syndrome

Chronic
Diarrhea

Chronic
Intestinal
Pseudo-
obstruction
(CIP)

Dyspepsia



Esophageal
Disorders and
Gastroesophageal
Reflux Disease
(GERD)

Gastroduodenal
Disorders

Gastroparesis

Hirschsprung's
Disease

Incontinence

Irritable Bowel
Syndrome (IBS)

Pelvic Floor Pain

**Gastrointestinal (GI) Disorders Affect Men,
Women, and Children.**

Did You Know...

- Irritable bowel syndrome (IBS) is one of the most common problems doctors see. It affects 15–20% of the general population and is a leading cause of absenteeism from work or school.
- In 1997 IFFGD first designated April as **IBS Awareness Month**. It is now listed on the U.S. National Health Observances calendar.
- Up to 60% of women with a history of problems during childbirth report incidents of bowel incontinence.
- In 1999 IFFGD sponsored the landmark meeting and first **Consensus Conference on Treatment Options for Fecal Incontinence**.
- It is estimated that 21 million Americans suffer from bouts of heartburn at least twice per week. Frequent heartburn is the most common symptom of GERD.
- In 1999 IFFGD first designated one week in November as **GERD Awareness Week**. It is now listed on the U.S. National Health Observances calendar.

Become a Member

Benefits of Membership

- Members are assured receipt of the latest information about research, care, and treatment published in our newsletter - ***Digestive Health Matters***.
- Members become a part of a community of support with others who understand and share common concerns.
- Members are provided a means to voice their concerns where they count - to researchers in government and industry, and to clinicians who care for and treat patients.
- Members receive substantial discounts in our Library of information.
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- Members become a part of a community of support with others who understand and share common concerns.
- Members are provided a means to voice their concerns where they count — to researchers in government and industry, and to clinicians who care for and treat patients.
- Members are kept up-to-date about IFFGD events, awareness programs, clinical trials, and education programs.

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Fact Sheet—By: W. Grant Thompson, MD, FRCP(C) *Topics: Diverticular disease*
- 177 Report on the 5th International Symposium on Functional Gastrointestinal Disorders**
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- 178 Sleep and Irritable Bowel Syndrome**
Fact Sheet—By: William C. Orr, PhD *Topics: Irritable Bowel Syndrome (IBS)*
- 179 Difficult to Interpret Intestinal Complaints**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C) *Topics: Bowel urgency or incontinence, Constipation/difficult to pass stools, Diarrhea/loose stools, Gas/Bloating/Belching, Rectal Pain/Disorders*
- 181 Complementary and Alternative Treatments for Functional Gastrointestinal Disorders**
Fact Sheet—By: Kirsten Tillisch, MD; Steven Tan, MD, MTOM, LAc *Topics: Complementary & Alternative Treatments, Diet/Foods, Dyspepsia/pain in upper abdomen or chest, Irritable Bowel Syndrome (IBS), Biofeedback*
- 182 Why Symptom Criteria for Functional Gut Disorders?**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C) *Topics: Anal/Rectal Disorders, Bowel urgency or incontinence, Dyspepsia/pain in upper abdomen or chest, Esophageal Disorders, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain*
- 183 Pregnancy and Irritable Bowel Syndrome**
Fact Sheet—By: Margaret M. Heitkemper, RN, PhD *Topics: Gender, Irritable Bowel Syndrome (IBS)*
- 184 Irritable Bowel Syndrome**
Fact Sheet—By: Lin Chang, MD *Topics: Brain-Gut, Gender, Inflammation, Irritable Bowel Syndrome (IBS)*
- 185 Talking to Your Doctor About Irritable Bowel Syndrome**
Fact Sheet—By: International Foundation for Functional Gastrointestinal Disorders (IFFGD) *Topics: Irritable Bowel Syndrome (IBS), Working with your healthcare provider*
- 186 Hypnotherapy for Functional Gastrointestinal Disorders**
Fact Sheet—By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Brain-Gut, Complementary & Alternative Treatments, Dyspepsia/pain in upper abdomen or chest, Irritable Bowel Syndrome (IBS)*
- 187 What is Pelvic Pain?**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C) *Topics: Lower Abdominal/Pelvic Pain*

- 188 Travel Tips Help IBS Sufferers Enjoy Their Vacations**
Fact Sheet–By: International Foundation for Functional Gastrointestinal Disorders (IFFGD)
Topics: Irritable Bowel Syndrome (IBS)
- 189 How Drugs are Evaluated: Patients' Guide to Randomized Clinical Trials**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Working with your healthcare provider*
- 191 Coping with IBS from the Inside Out: Relaxation Techniques to Manage Symptoms**
Fact Sheet–By: Debbie Zeichner, LCSW, BCD
Topics: Complementary & Alternative Treatments, Irritable Bowel Syndrome (IBS), Stress
- 192 Chronic Constipation: From Evaluation to Treatment**
Brochure–By: Robert D. Madoff, MD, FACS
Topics: Constipation /difficult to pass stools
- 193 Irritable Bowel Syndrome: Does It Cause Other Disease?**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Irritable Bowel Syndrome (IBS)*
- 194 Irritable Bowel Syndrome: Unrecognized Severity**
Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Irritable Bowel Syndrome (IBS)*
- 195 Is it IBS or Something Else?**
Fact Sheet–By: George F. Longstreth, MD
Topics: Gender, Irritable Bowel Syndrome (IBS), Other Disorders/Symptoms
- 196 Alarm Symptoms: A Cause for Alarm?**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Other Disorders/Symptoms*
- 197 Common Questions about Constipation: Myths and Misconceptions**
Fact Sheet–By: Kenneth G. Mandel, PhD *Topics: Constipation/difficult to pass stools*
- 198 Bowel Problems Associated with Neurologic Diseases**
Brochure–By: Arnold Wald, MD, MACG *Topics: Bowel urgency or incontinence, Constipation/difficult to pass stools*
- 199 Report on the 6th International Symposium on Functional Gastrointestinal Disorders**
Fact Sheet–By: Douglas A. Drossman, MD; William F. Norton, Publications Editor, IFFGD
Topics: General Interest
- 200 Dietary Fiber: What is it?**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Constipation/difficult to pass stools, Diet/Foods, IFFGD/General Interest*
- 201 Managing Diarrhea**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Diarrhea/loose stools, Diet/Foods*
- 203 Report from IFFGD Research Award Winner: Understanding Pain and Discomfort in Functional GI Disorders**
Fact Sheet–By: Klaus Bielefeldt, MD, PhD
Topics: Dyspepsia/pain in upper abdomen or chest, Inflammation, Lower Abdominal/Pelvic Pain, Pain Management
- 204 What is Evidence – based Medicine?**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: IFFGD/General Interest*
- 205 Understanding the Quality of Life Impact of Functional Gastrointestinal Disorders**
Fact Sheet–By: Brennan M. R. Spiegel, MD *Topics: Health Related Quality of Life (HRQOL), BEST Questionnaire*
- 206 Health Reporting in the Media: What to Believe?**
Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: IFFGD/General Interest*
- 207 Is the Association of IBS with Fibromyalgia and Other Non-gastrointestinal Functional Disorders Important and Why?**
Fact Sheet–By: Ami D. Sperber, MD, MSPH
Topics: Irritable Bowel Syndrome (IBS), Other Disorders/Symptoms
- 208 Nutrition Strategies for Managing Diarrhea**
Fact Sheet–By: Leslie Bonci, MPH, RD, LDN
Topics: Diarrhea/loose stools, Diet/Foods
- 209 Gut Bacteria and Irritable Bowel Syndrome**
Fact Sheet–By: Eamonn M. M. Quigley, MD
Topics: Bacteria or gut flora, Inflammation, Irritable Bowel Syndrome (IBS)
- 210 Post-infectious Irritable Bowel Syndrome: A Sub-Type of Irritable Bowel Syndrome**
Fact Sheet–By: Robin Spiller, MD *Topics: Bacteria or gut flora, Inflammation, Irritable Bowel Syndrome (IBS)*
- 211 Report from IFFGD Research Award Winner: Stress and Irritable Bowel Syndrome: Unraveling the Code**
Fact Sheet–By: Yvette Taché, PhD *Topics: Brain-Gut, Irritable Bowel Syndrome (IBS), Stress*

212 What Patients Know About Irritable Bowel Syndrome (IBS) and What They Would Like to Know

Fact Sheet–By: Alben Halpert, MD *Topics: Irritable Bowel Syndrome (IBS)*

213 Relationships and Irritable Bowel Syndrome

Fact Sheet–By: Mary-Joan Gerson, PhD; Charles D. Gerson, MD *Topics: Irritable Bowel Syndrome (IBS)*

214 Report from IFFGD Research Award Winner: Understanding Intestinal Gas

Fact Sheet–By: Fernando Azpiroz, MD, PhD *Topics: Bacteria or gut flora, Diet/Foods, Gas/Bloating/Belching, Irritable Bowel Syndrome (IBS)*

215 Nocebo Effects: They can Impair Health Care

Fact Sheet– By: W. Grant Thompson, MD, FRCP(C) *Topics: Bowel urgency or incontinence, GERD/Heartburn, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain, Pain Management, Working with your healthcare provider*

217 Medical Procedure Costs and Surgical Rates in Patients with Irritable Bowel Syndrome

Fact Sheet–By: Alexandru Gaman, MD; Braden Kuo, MD *Topics: Constipation/difficult to pass stools, Diarrhea/loose stools, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain*

219 How to Prepare for Tests

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Tests for lower GI tract, Tests for upper GI tract*

220 Dietary Aspects of Irritable Bowel Syndrome (IBS)

Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Diet, Foods, Food intolerance, Malabsorption, Irritable Bowel Syndrome (IBS)*

221 The Medical History: How to Help Your Doctor Help You

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Working with your healthcare provider*

222 Report on the 7th International Symposium for Functional Gastrointestinal Disorders

Fact Sheet–By: William F. Norton, Publications Editor, IFFGD; Douglas A. Drossman, MD *Topics: IFFGD, General Interest*

223 Sex Differences in Abdominal Pain

Fact Sheet–By: Elie D. Al-Chaer, MS, PhD, JD *Topics: Irritable Bowel Syndrome (IBS), Pain perception*

224 Irritable Bowel Syndrome (IBS) and a Healthy Holiday Season

Fact Sheet–By: Barbara Bradley Bolen, PhD *Topics: Cognitive Behavioral Therapy (CBT), Active Self Care*

225 Report from IFFGD Research Award Winner: Role of the Central Immune System in Functional Disorders

Fact Sheet–By: Sylvie Bradesi, PhD *Topics: Stress, Central Nervous System, Functional Pain*

226 Irritable Bowel Syndrome (IBS), Heartburn, Dyspepsia: What's the Difference?

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Irritable Bowel Syndrome (IBS), Dyspepsia, Functional Heartburn*

227 Irritable Bowel Syndrome: An Approach to Treating Patients

Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Irritable Bowel Syndrome (IBS), Diet, Medication*

228 Is There a Health Benefit From High Colonics?

Fact Sheet–By: Thomas Puetz, MD *Topics: Colonics, Gut Flora*

229 Report from IFFGD Research Award Winner: Irritable Bowel Syndrome: Searching for Underlying Causes

Fact Sheet–By: Magnus Simrén, MD, PhD *Topics: Irritable Bowel Syndrome (IBS), Food Sensitivity, Inflammation, Bacteria*

230 Report from IFFGD Research Award Winner: Symptom Based Psychology for Functional Gastrointestinal Disorders

Fact Sheet–By: Bruce D. Naliboff, PhD *Topics: Disorders of Mood, Anxiety, Neurobiology of Functional Gastrointestinal Disorders*

231 Can Exercise Lead to GI Symptoms?

Fact Sheet–By: Thomas Puetz, MD *Topics: Exercise, Diarrhea, GERD, Urgency*

232 How Can I Determine If I Received a Thorough Colonoscopy?

Fact Sheet–By: Thomas Puetz, MD *Topics: Colonoscopy Benchmarks*

233 Diagnostic Testing in Irritable Bowel Syndrome: Theory vs. Reality

Fact Sheet–By: Brennan M. R. Spiegel, MD *Topics: Rome Criteria, Diagnostic Evaluation, Underlying Medical Conditions*

234 A Noisy Tummy: What Does it Mean?

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Gas, Belching, Hyperactive Bowel Sounds, Absent Bowel Sounds*

236 I Have a Gut Problem: Which Doctor Should I See?

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: HealthCare Systems, Specialists, Practitioner Characteristic*

- 237 Dyssynergic Defecation: Questions and Answers About a common Cause of Chronic Constipation**
Fact Sheet–By: Satish S.C. Rao, MD, PHD *Topics: Constipation, Pelvic Floor Disorders, Diagnostic Testing, Laxatives, Biofeedback*
- 238 Are Osmotic Laxatives Safe?**
Fact Sheet–By: Arnold Wald, MD *Topics: Constipation, Osmotic Laxatives*
- 239 Is Constipation and Bloating Related to Menstrual Periods?**
Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP, *Topics: Constipation, Bloating, Antispasmodics, Pain Relievers*
- 240 Functional Gastrointestinal Disorders: New Insights in Enteric Regulation**
Fact Sheet–By: Martin Storr, MD, PhD *Topics: Gut Motility, Sensation, Pain, Treatment*

- 241 Is It Safe to Take Loperamide Long Term to Control Diarrhea?**
Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Alternating IBS, Diarrhea, Loperamide*
- 242 Can a Probiotic Help to Prevent Travelers Diarrhea?**
Fact Sheet–By: Peter J. Whorwell, BSc, MD, PhD, FRCP *Topics: Travelers Diarrhea, Probiotics, Loperamide*
- 243 Serotonin: What is it Doing in My Gastrointestinal Tract?**
Fact Sheet–By: Gary M. Mawe, PhD, *Topics: Neurotransmitters, Serotonin in Functional GI Disorders, Serotonergic Targets for Treatment*
- 246 Could Probiotics Help Alleviate Your Functional Gastrointestinal Symptoms?**
Fact Sheet–By: Nancy DeMaria, Daniell Maier, PA-C, yehuda Ringel, MD, *Topics: Probiotics, IBS,*

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BOWEL URGENCY & INCONTINENCE

301 Living with and Managing Fecal Incontinence and Regaining Control

Brochure–By: Nancy J. Norton, President,
IFFGD *Topics: Bowel Urgency, Incontinence*

302 Strategies for Establishing Bowel Control

Brochure–By: Mary K. Plummer, OTR, BCIA-
PMBD *Topics: Bowel Urgency, Incontinence,
Fecal Soiling*

303 Surgical Treatment of Fecal Incontinence

Fact Sheet–By: Ann C. Lowry, MD, FACS
Topics: Bowel Urgency, Incontinence

304 The Etiology of Fecal Incontinence: Causes and Diagnosis

Fact Sheet–By: Robert D. Madoff, MD, FACS
Topics: Bowel urgency, incontinence

306 Medical Management of Fecal Incontinence

Fact Sheet–By: Ann C. Lowry, MD, FACS
Topics: Bowel Urgency, Incontinence

307 Research Priorities for Fecal Incontinence: The Patient's Perspective

Fact Sheet–By: Nancy J. Norton, President,
IFFGD *Topics: Bowel Urgency, Incontinence,
General Interest*

308 Colorectal Cancer and Continence

Brochure–By: Joshua A. Katz, MD; Bruce A.
Orkin, MD, FACS, FASCRS *Topics: Bowel
Urgency, Incontinence, Colon Cancer, Rectal
Cancer, Ileostomy, Effects of Radiation*

309 Changes in Pelvic Floor Function at Childbirth and After Delivery

Fact Sheet–By: Anne M. Weber, MD, MS
*Topics: Anal/Rectal Disorders, Bowel urgency or
incontinence, Pelvic floor disorders*

311 Biofeedback, Incontinence, and the Patient's Perspective

Fact Sheet–By: Nancy J. Norton, President,
IFFGD *Topics: Bowel urgency or incontinence,
Complementary & Alternative Treatments,
Pelvic floor disorders*

312 Report from IFFGD Research Award Winner: Mechanisms of Fecal Incontinence

Fact Sheet–By: Adil E. Bharucha, MD *Topics:
Anal/Rectal Disorders, Bowel urgency or
incontinence, Pelvic floor disorders*

313 Bowel Incontinence and Aging

Brochure–By: William F. Norton, Publications
Editor, IFFGD; Jeannette Tries, PhD, OTR
*Topics: Bowel Urgency, Incontinence,
Constipation, Diarrhea, Irritable Bowel
Syndrome (IBS), Pelvic Floor Disorders,
Biofeedback*

314 Changes in Bowel Control at Childbirth

Brochure– By: William F. Norton, Publications
Editor, IFFGD; Jeannette Tries, PhD, OTR
*Topics: Bowel urgency or incontinence,
Incontinence, Pelvic floor disorders*

315 Report from IFFGD Research Award Winner: Chronic Pelvic Pain and the Overlap of Chronic Pelvic Pain Disorders

Fact Sheet–By: Michael Pezzone, MD, PhD
*Topics: Irritable Bowel Syndrome (IBS), Lower
Abdominal/Pelvic Pain, Pain Management,
Pelvic floor disorders, Rectal Pain/Disorders*

316 Talking To Your Doctor About Incontinence

Fact Sheet– By: William F. Norton, Publications
Editor, IFFGD *Topics: Incontinence, Diarrhea,
Constipation*

317 Radiation Induced Injury to the Colon and Rectum

Fact Sheet– By: Thomas Puetz, MD *Topics:
Incontinence, Radiation Injury*

318 Biofeedback, Incontinencia, y la Perspectiva del Paciente (Spanish version of Fact Sheet 311)

Fact Sheet– By: Nancy J. Norton, President,
IFFGD *Topics: Bowel urgency or incontinence,
Complementary & Alternative Treatments,
Pelvic floor disorders*

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UPPER GASTROINTESTINAL DISORDERS: DISORDERS OF THE ESOPHAGUS AND STOMACH

- 501 GERD Brochure**
Brochure—By: Joel Richter, MD; Philip O. Katz, MD, FACP, FACC; J. Patrick Waring, MD; William F. Norton, Publications Editor, IFFGD
Topics: Gastroesophageal Reflux Disease (GERD)
- 502 Gastroesophageal Reflux Disease**
Fact Sheet—By: Cheri Smith, Medical Writer; Joel Richter, MD
Topics: GERD/Heartburn, Tests for upper GI tract
- 503 Upper GI Endoscopy: What to Expect**
Brochure—By: W. Grant Thompson, MD, FRCP(C)
Topics: Dyspepsia/pain in upper abdomen or chest, Esophageal Disorders, GERD/Heartburn, Other Disorders/Symptoms, Tests for upper GI tract
- 504 Heartburn: Nothing to do with the Heart**
Brochure—By: W. Grant Thompson, MD, FRCP(C)
Topics: GERD/Heartburn
- 505 Medical Treatment of GERD: The Proton Pump Inhibitors**
Brochure—By: Philip O. Katz, MD, FACP, FACC
Topics: GERD/Heartburn
- 506 Surgical Treatment of Gastroesophageal Reflux Disease**
Brochure—By: Mary F. Otterson, MD, MS; Philip N. Redlich, MD, PhD
Topics: GERD/Heartburn
- 507 Functional Dysphagia**
Fact Sheet—By: Joel Richter, MD
Topics: Esophageal Disorders, Swallowing Disorders
- 508 Globus: "It Brings a Lump to Your Throat"**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C)
Topics: Esophageal Disorders
- 509 Peptic Ulcer: A Twentieth Century Disease**
Brochure—By: W. Grant Thompson, MD, FRCP(C)
Topics: Inflammation, H. pylori Stomach Disorders
- 510 Gastrointestinal Motility Disorders of the Esophagus and Stomach**
Brochure—By: William E. Whitehead, PhD
Topics: Dyspepsia/pain in upper abdomen or chest, Esophageal Disorders, Gastroparesis, Stomach Disorders
- 511 Belching: Is it Normal?**
Brochure—By: W. Grant Thompson, MD, FRCP(C)
Topics: Gas/Bloating/Belching
- 512 Questions and Answers About PPI Medications and GERD**
Brochure—By: J. Patrick Waring, MD
Topics: GERD/Heartburn
- 513 What Else Can We Attribute to GERD? Some Seldom Discussed Complications of Gastroesophageal Reflux**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C)
Topics: GERD/Heartburn, Sore Throat, Asthma, Dental Erosions
- 514 Dyspepsia – Upper Abdominal Pain**
Fact Sheet—By: Nicholas J. Talley, MD, PhD
Topics: Dyspepsia/pain in Upper Abdomen or Chest
- 515 Functional Dyspepsia and IBS: Incidence and Characteristics**
Fact Sheet—By: John E. Kellow, MD; Douglas A. Drossman, MD
Topics: Dyspepsia/Pain in Upper Abdomen or Chest, Irritable Bowel Syndrome (IBS)
- 516 Functional Heartburn**
Fact Sheet—By: Joel Richter, MD
Topics: GERD/Heartburn
- 517 Unexplained Chest Pain: It May Be In The Esophagus**
Fact Sheet—By: Philip O. Katz, MD, FACP, FACC
Topics: Esophageal Disorders, Pain Management
- 518 Esophageal Motility Disorders**
Fact Sheet—By: Barry W. Jaffin, MD
Topics: Esophageal Disorders
- 519 NSAIDs: Good for the Joints, Bad for the Gut?**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C)
Topics: Other Disorders/Symptoms, Stomach Disorders
- 520 Antacids**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C)
Topics: Dyspepsia/Pain in Upper Abdomen or Chest, Gas/Bloating/Belching, GERD/Heartburn
- 521 Gallstones: What to do?**
Fact Sheet—By: W. Grant Thompson, MD, FRCP(C)
Topics: Other Disorders/Symptoms, Pain Management
- 523 GERD, Hiatal Hernia, and Surgery**
Fact Sheet—By: J. Patrick Waring, MD
Topics: GERD/Heartburn, Other Disorders/Symptoms

524 Confusing or Ambiguous Upper Gut Symptoms

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Gas/Bloating/Belching, Vomiting, Hiatal Hernia, Chest Pain, Dyspepsia*

525 Holiday Heartburn or GERD?

Fact Sheet–By: International Foundation for Functional Gastrointestinal Disorders (IFFGD) *Topics: GERD/Heartburn*

526 Nonulcer Dyspepsia

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Dyspepsia/pain in upper abdomen or chest, Stomach Disorders*

527 Barrett's Esophagus

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: Esophageal Disorders, GERD/Heartburn*

528 H2 Blockers – Indications, Effectiveness and Long-term Use

Fact Sheet–By: W. Grant Thompson, MD, FRCP(C) *Topics: GERD/Heartburn*

529 Gastroesophageal Reflux Disease- From Diagnosis to Treatment

Fact Sheet–By: Mark H. DeLegge, MD *Topics: GERD/Heartburn, Tests for Upper GI Tract*

531 Long-term Use of Proton Pump Inhibitor Medication and GERD

Fact Sheet–By: J. Patrick Waring, MD *Topics: GERD/Heartburn*

532 Unusual Symptoms and GERD

Fact Sheet–By: J. Patrick Waring, MD *Topics: GERD/Heartburn, Dental Erosion, Chronic Sinusitis, Asthma*

533 Achalasia – When Swallowing Becomes a Problem

Fact Sheet–By: Joel Richter, MD *Topics: Esophageal Disorders, Swallowing Disorders*

534 Gastroparesis

Fact Sheet–By: Frank Friedenber, MD; Henry P. Parkman, MD *Topics: Dyspepsia/pain in upper abdomen or chest, Gastroparesis, Nausea or vomiting, Stomach Disorders*

535 Talking to Your Doctor About GERD

Fact Sheet–By: International Foundation for Functional Gastrointestinal Disorders (IFFGD) *Topics: GERD/Heartburn, Working with your healthcare provider*

536 Historical Perspective on the Long-term Safety of Proton Pump Inhibitors (PPIs) for Gastroesophageal Reflux Disease (GERD)

Fact Sheet–By: J. Patrick Waring, MD *Topics: GERD/Heartburn*

537 Dietary and Nutritional Recommendations for Patients with Gastroparesis

Fact Sheet–By: Carol Rees Parrish, RD, MS; Edy Soffer, MD; Henry Parkman, MD *Topics: Diet/Foods, Gastroparesis, Stomach Disorders*

539 Dietary and Nutritional Recommendations for Patients with Dumping Syndrome (Rapid Gastric Emptying)

Fact Sheet–By: Carol Rees Parrish, RD, MS; Henry C. Lin, MD; Henry P. Parkman, MD *Topics: Diarrhea/loose stools, Diet/Foods, Other Disorders/Symptoms, Stomach Disorders, Stomach Disorders*

540 Electrical Stimulation and Pacing for Digestive Disorders in Adults and Children: a Status Report

Fact Sheet–By: Paul E. Hyman, MD; Richard W. McCallum, MD *Topics: Gastroparesis, Gastric motor function*

541 Cyclic Vomiting Syndrome in Adults

Fact Sheet–By: Farid Namin, MD; Richard W. McCallum, MD; Kathleen Adams; Henry P. Parkman, MD *Topics: Nausea or vomiting, Other Disorders/Symptoms, Stomach Disorders*

543 Distal Esophageal Spasm (DES) – Formerly Known as Diffuse Esophageal Spasm

Fact Sheet–By: R. Matthew Gideon, MD; Philip O. Katz, MD, FACP, FACC *Topics: Dyspepsia/pain in upper abdomen or chest, Esophageal Disorders*

544 Report from IFFGD Research Award Winner: Adult Neurogenic Dysphagia: Disorders and Conditions that Disrupt Swallowing

Fact Sheet–By: Shaheen Hamdy, MB, ChB, PhD *Topics: Dyspepsia/pain in upper abdomen or chest, Esophageal Disorders, Swallowing Disorders*

545 Treating Functional Dyspepsia: What are Your Options?

Fact Sheet–By: Brian E. Lacy, PhD, MD *Topics: Dyspepsia, H. pylori*

546 Another Complication of Reflux: Laryngeal Pharyngeal Reflux (LPR)

Fact Sheet–By: J. Patrick Waring, MD *Topics: Reflux, GERD, LPR*

547 How Man's Commonest Infection Kept its Secret: The H. pylori story –any lessons for the functional gastrointestinal disorders?

Fact Sheet–By: W. Grant Thompson, MD FRCP(C) *Topics: H. pylori, Peptic Ulcer*

548 Barrett's Esophagus and Diet

Fact Sheet–By: J. Patrick Waring, MD *Topics: Barrett's Esophagus, GERD, Diet, Lower Esophageal Sphincter, Carob*

549 Do I Need Another Endoscopy?

Fact Sheet–By: J. Patrick Waring, MD *Topics:*
Endoscopy, GERD, Barrett’s Esophagus

550 Do Proton Pump Inhibitors (PPIs) Increase the Risk of Hip Fracture?

Fact Sheet–By: J. Patrick Waring, MD *Topics:*
PPI Safety, Osteoporosis

552 Tratamiento la Dispepsia Funcional: Cuales Son Sus Opciones? (Spanish version of 545)

Fact Sheet–By: Brian E. Lacy, PhD, MD *Topics:*
Dyspepsia, H. pylori

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PEDIATRIC GASTROINTESTINAL DISORDERS

- 801 Chronic Intestinal Pseudo-obstruction**
Brochure—By: Paul E. Hyman, MD; Carlo Di Lorenzo, MD *Topics: Colonic inertia/Pseudo-obstruction, Constipation/difficult to pass stools*
- 802 Gastroesophageal Reflux in Infants and Children**
Brochure—By: Carlo Di Lorenzo, MD; Mark S. Glassman, MD; Paul E. Hyman, MD *Topics: GER/GERD, Tests for upper GI tract*
- 803 Hirschsprung's Disease**
Brochure—By: Jacob C. Langer, MD; International Foundation for Functional Gastrointestinal Disorders (IFFGD) *Topics: Anal/Rectal Disorders, Constipation/difficult to pass stools, Hirschsprung's Disease*
- 804 Chronic Intestinal Pseudo-obstruction in Children: An Overview**
Fact Sheet—By: Paul E. Hyman, MD *Topics: Colonic inertia/Pseudo-obstruction, Constipation/difficult to pass stools*
- 807 Dyspepsia in Children**
Fact Sheet—By: Vera Loening-Baucke, MD *Topics: Dyspepsia/Pain in Upper Abdomen or Chest*
- 808 Do we need Colonic Manometry to Diagnose Functional Fecal Retention?**
Fact Sheet—By: Jose Cocjin, MD *Topics: Constipation/Difficult to Pass Stools, Tests for lower GI tract*
- 809 Bellyaches in Children**
Fact Sheet—By: Paul E. Hyman, MD *Topics: Constipation/Difficult to Pass Stools, Dyspepsia/pain in Upper Abdomen or Chest, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain*
- 810 Childhood Defecation Disorders: Constipation and Soiling**
Fact Sheet—By: Paul E. Hyman, MD *Topics: Constipation/Difficult to Pass Stools, Fecal Soiling/incontinence, Biofeedback*
- 811 Antroduodenal Manometry: Questions and Answers**
Fact Sheet—By: Carlo Di Lorenzo, MD *Topics: Stomach Disorders, Tests for upper GI tract*
- 812 Colon Manometry: Questions and Answers**
Fact Sheet—By: Carlo Di Lorenzo, MD *Topics: Anal/Rectal Disorders, Colonic inertia/Pseudo-obstruction, Hirschsprung's Disease, Tests for lower GI tract*
- 813 Lifestyle Solutions for the “Happy Spitter” to Help Reduce Baby’s Spitting Up**
Fact Sheet—By: Roland Tuley; Reviewed by: Mark S. Glassman, MD *Topics: GER/GERD*
- 814 Avoid Overmedicalizing by Recognizing Aerophagia Before the Big Work-up**
Fact Sheet—By: Paul E. Hyman, MD *Topics: Gas/Bloating/Belching*
- 815 Increasing Our Understanding: New Diagnostic Criteria for Pediatric Functional Gastrointestinal Disorders**
Fact Sheet—By: Paul E. Hyman, MD *Topics: IFFGD/General Interest*
- 816 Disorders of Defecation in Children: What is the Role of the Surgeon?**
Fact Sheet—By: Jacob C. Langer, MD *Topics: Anal/Rectal Disorders, Colonic inertia/Pseudo-obstruction, Fecal soiling/incontinence, Hirschsprung's Disease, Biofeedback*
- 817 Cyclic Vomiting Syndrome**
Fact Sheet—By: Robert M. Issenman, MD *Topics: Nausea or vomiting, Other Disorders/Symptoms, Other Disorders/Symptoms, Stomach Disorders, Stomach Disorders*
- 822 Rumination Syndrome in Children and Adolescents**
Fact Sheet—By: Heather J. Chial, MD; Michael Camilleri, MD *Topics: Other Disorders/Symptoms*
- 823 Infant Dyschezia: Looking out for Number Two**
Fact Sheet—By: Paul E. Hyman, MD *Topics: Constipation/Difficult to Pass stools, Other Disorders/Symptoms*
- 824 What's New in Pediatric Functional Gastrointestinal Disorders?**
Fact Sheet—By: Arlene Caplan, PhD; Andrée Rasquin, MD *Topics: Dyspepsia/pain in upper abdomen or chest, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain*
- 825 The Global Approach to Pediatric Functional Gastrointestinal Disorders**
Fact Sheet—By: Arlene Caplan, PhD; Andrée Rasquin, MD *Topics: Biopsychosocial Model, Treatment Partners*
- 826 Infant Regurgitation**
Fact Sheet—By: Suzanne Nelson, MD, MPH *Topics: GER/GERD, Other Disorders/Symptoms*

827 Functional Recurrent Abdominal Pain in Children and Adolescents

Fact Sheet–By: John V. Campo, MD *Topics: Dyspepsia/Pain in Upper Abdomen or Chest, Irritable Bowel Syndrome (IBS), Lower Abdominal/Pelvic Pain, Pain Management*

828 Know Thy Laxatives: A Parent's Guide to the Successful Management of Chronic Functional Constipation in Infants and Children

Fact Sheet–By: Joseph Levy, MD; Diana Volpert, MD *Topics: Constipation/Difficult to Pass Stools*

830 Defecation Disorders after Surgery for Hirschsprung's Disease

Fact Sheet–By: Paul E. Hyman, MD *Topics: Anal/Rectal Disorders, Constipation/Difficult to Pass Stools, Fecal Soiling/Incontinence, Hirschsprung's Disease*

831 Report from IFFGD Research Award Winner: Biopsychosocial Perspectives on Assessment and Treatment

Fact Sheet –By: Caroline Elder Danda, PhD *Topics: Constipation/Difficult to Pass Stools, Fecal soiling/incontinence, Lower Abdominal/Pelvic Pain, Pain Management*

833 Constipation in Young Children

Fact Sheet–By: Paul E. Hyman, MD *Topics: Constipation/Difficult to Pass Stools, Other Disorders/Symptoms*

834 Report from IFFGD Research Award Winner: Using the Fetal Gastrointestinal Tract to Overcome Neonatal Disease

Fact Sheet–By: Terry L. Buchmiller-Crair, MD *Topics: Fetal Gastrointestinal Development*

835 Report from IFFGD Research Award Winner: Research into Treatment – Resistant Constipation in Children

Fact Sheet–By: Bridgett R. Southwell, PhD *Topics: Constipation/difficult to pass stools*

836 Report from IFFGD Research Award Winner: Symptoms Arising from Non-Acid Reflux in Children

Fact Sheet–By: Rachel Rosen, MD, MPH *Topics: GER/GERD, Tests for upper GI tract*

837 Report from IFFGD Research Award Winner: Home Based Guided Imagery to Treat Pediatric Functional Abdominal Pain

Fact Sheet–By: Miranda A. L. van Tilburg *Topics: Dyspepsia, Pain in Upper Abdomen or Chest, Functional, Lower Abdominal Pain, Pelvic Pain, Pain, Pain Management*

838 Helping Children And Adolescents Cope with Abdominal Pain

Fact Sheet–By: Lynn Walker, PhD *Topics: Abdominal Pain, Pain Management*

839 Hirschsprung's Disease in Children and Adults

Fact Sheet–By: Samuel Nurko, MD, MPH *Topics: Hirschsprung's Disease, Constipation, Obstruction, Incontinence, Enterocolitis*

840 Bowel Problems in Adults After Surgical Treatment for Childhood Hirschsprung's Disease

Fact Sheet–By: Kasaya Tantiphlachiva, MD; Satish S.C. Rao, MD, PhD, FRCP (LON) *Topics: Hirschsprung's Disease, Constipation, Dyssynergia, Biofeedback*

842 Soiling Solutions®: An Internet and Manual Based Approach to Treating Encopresis

Fact Sheet–By: Robert W. Collins, PhD, PC; Editorial Comment By: Paul E. Hyman, MD *Topics: Encopresis, Relaxation Training*

843 Chronic Intestinal Pseudo-Obstruction

Fact Sheet–By: William. F. Norton, Reviewed by Carlo Di Lorenzo, MD *Topics: CIP, Symptoms, Diagnosis, Treatment, Nutrition*

844 Functiona Abdominal Pain in Children and Adolescents

Fact Sheet–By: Migeul Saps, MD *Topics: Functional Abdominal Pain, Symptoms, Diagnosis, Treatment*

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- Members are kept up-to-date about IFFGD events, awareness programs, clinical trials, and education programs.

Annual Individual Membership is \$25.00 in the U.S. (\$35.00 outside the U.S.). See page 15 of this booklet to join, or visit www.iffgd.org.

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GENERAL INTEREST

Price

PDD	Personal Daily Diary Booklet: 32 pages—By: International Foundation for Functional Gastrointestinal Disorders (IFFGD) <i>A useful tool to help you better understand your bowel disorder</i>	\$3.00
NEU	The Neurobiology Basis of Mind Body Medicine Booklet: 22 pages—By: Emeran A. Mayer, MD <i>How do the mind and body interact with each other and the environment . . . and in this process actively maintain health and prevent disease?</i>	\$10.00
RWS	IBS in the Real World Survey: Summary Findings Booklet— By: International Foundation for Functional Gastrointestinal Disorders (IFFGD). <i>IFFGD's IBS in the Real World survey shows the real life impact that irritable bowel syndrome (IBS) has on the lives of many of those who suffer with the disease.</i>	\$5.00
UNM	IBS Patients: Their Illness Experience and Unmet Needs Booklet— By: International Foundation for Functional Gastrointestinal Disorders (IFFGD). UNC Center for Functional GI and Motility Disorders, <i>This comprehensive 2007 online survey show that much more needs to be done to develop and deliver satisfactory treatment to IBS sufferers.</i>	\$5.00

MERCHANDISE

Price

DFT	Music CD—Dream for Tomorrow <i>Dream for Tomorrow</i> is a soothing mix of contemporary jazz, blues, alternative country, Latin music, pop music, American roots music ... just plain great music. And better yet, net proceeds from the sale of each CD goes to support digestive disease research.	\$20.00
AW	Awareness Wristbands (set of 5) Help us spread the word that Digestive Health Matters. Proceeds are used to help fund programs that inform, assist, and support people affected by gastrointestinal disorders. The wristbands are blue and embossed with the phrase, "Digestive Health Matters."	\$5.00
NC	Note Cards (set of 12) Cover images were donated to IFFGD by a digestive disorder sufferers. Twelve envelopes and corresponding envelope seals included. Choice of four designs — view them online or let us choose for you.	\$22.00



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*All names and addresses received by IFFGD
are kept confidential.*

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