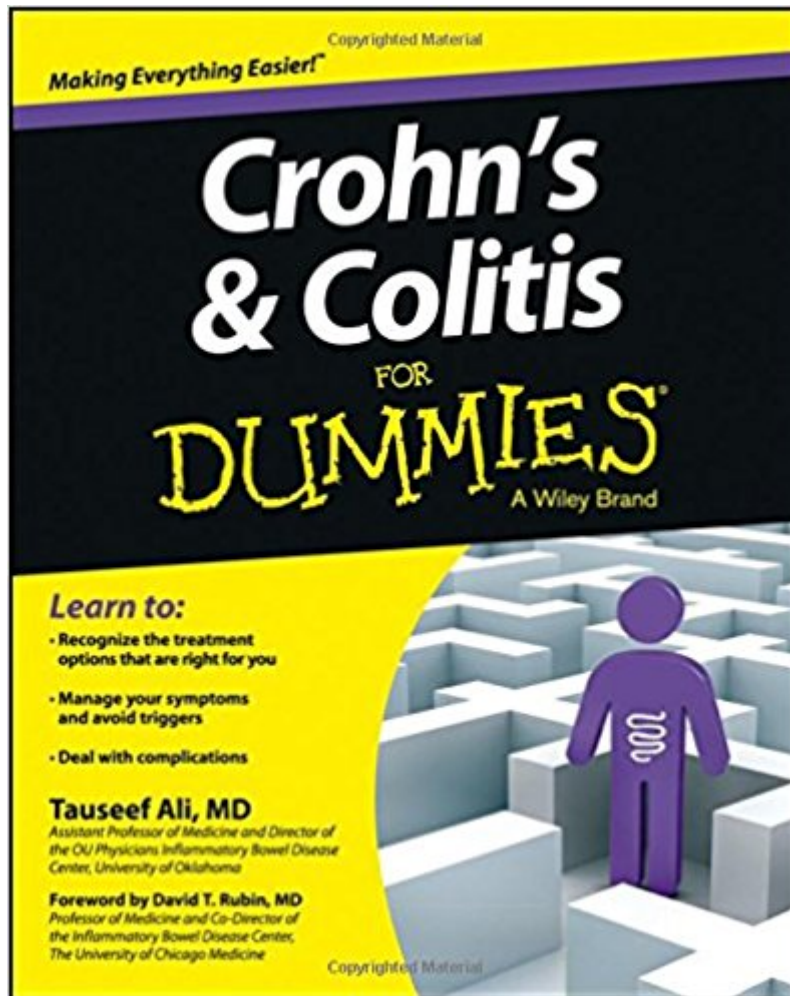




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# Crohn's And Colitis For Dummies



## Synopsis

The ultimate reference for those with Crohn's and colitis and their family and friends Crohn's disease and colitis are frustrating, often debilitating gastrointestinal diseases that can have a severe impact on the overall health of those who suffer from them. According to the latest estimates, more than 600,000 patients in North America have Crohn's disease. Written by a physician specialising in the treatment of IBDs, Crohn's and Colitis For Dummies is a complete plain-English guide to understanding, treating, and living well with these diseases. Helps readers actively recognize symptoms of Crohn's and colitis and explains the diagnostic procedures doctors use to identify these diseases Outlines how the whole body is affected by Crohn's and colitis, and the potential hazards of letting the disease go untreated Offers expert advice and guidance on controlling Crohn's and colitis with diet and outlines the treatment options of medicines and surgery, including the various risks and benefits of each Provides practical advice for parents of children with Crohn's and colitis with insights into how children's treatment options can differ from those of adults

## Book Information

Paperback: 336 pages

Publisher: For Dummies; 1 edition (May 28, 2013)

Language: English

ISBN-10: 1118439597

ISBN-13: 978-1118439593

Product Dimensions: 7.4 x 0.7 x 9.3 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 58 customer reviews

Best Sellers Rank: #101,235 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

Learn to: Recognize the treatment options that are right for you Manage your symptoms and avoid triggers Deal with complications The complete guide to living well with Crohn's and colitis! Crohn's disease and ulcerative colitis are frustrating and often debilitating diseases that have life-altering impacts on sufferers. Full of expert advice, Crohn's & Colitis For Dummies is the complete resource for those looking to understand these inflammatory bowel diseases and the various treatments available. This reassuring, informative guide helps you to actively recognize symptoms of Crohn's and colitis and explains in plain English the procedures doctors use to diagnose the diseases. It

outlines how the body is affected and the consequences you'll face if the diseases go untreated. With authority and compassion, it covers how you can control your disease through changes in your diet, and explores the treatment options available, filling you in on the risks and benefits of each. Learn the who, what, and why of Crohn's and colitis • understand how these illnesses can affect you and your family Unlock the mystery behind the medical mumbo-jumbo • find out which treatments are available, how they work, and their common side effects Manage your symptoms • explore the importance of nutrition in helping you to take control of Crohn's and colitis Understand how to avoid triggers and prevent flares • become familiar with which prescription drugs, foods, and habits can lead to complications Have a healthy pregnancy • understand the possible complications and learn how you can avoid them Consider the special treatments for kids and teens • get tips on monitoring medications and surviving school Open the book and find: How Crohn's and colitis affect the body The differences and similarities between Crohn's and colitis Ways to prevent health problems and complications The symptoms of Crohn's and colitis, and how they're treated Various therapies available, including alternative and complementary therapies How to manage work and travel with Crohn's and colitis The effects of nutrition on your immune system

Tauseef Ali, MD, is an expert in the field of inflammatory bowel disease. Currently, he serves as a faculty member in the Section of Digestive Diseases and Nutrition at the University of Oklahoma College of Medicine. He is also the director of the OU Physicians Inflammatory Bowel Disease Center. Dr. Ali has served as an academic editor-in-chief of the World Journal of Gastroenterology.

This is a very good book that illustrates with detailed, easy-to-read words what Crohn's and Colitis are, their differences, their similarities, how to manage your friendships around the not-so-nice symptoms that surround this malady. I purchased this book to educate myself on my son's colitis and it taught me a lot of things that I did not know about colitis. One of the things I noticed in this book is being it is a very embarrassing disease to acquire, it is difficult to tell your friends, teachers, professors, etc., about why you are always in the bathroom for what seems like hours at a time and that it is imperative for you to learn how to tell these individuals of your disability. I highly recommend this book to anyone that is seeking information about this chronic autoimmune disease. Although I don't have the disease the book put me at ease knowing that there are many others out there with Crohn's and Colitis and that it is a life time disease that can be managed. It's given me a kind of peace of mind educating myself on this issue.

I am impressed by this book. It is much better as expected and clearly explains the disease and its treatment options. It is the only book I can recommend so far if you or someone you know has IBD. It is a balanced book and doesn't only talk about medication -- a problem you face with a lot of GI's. Even after years of reading IBD literature I found this book helpful. As I mentioned, I highly recommend this book to everyone who has IBD or knows someone with IBD, even if diagnosed 10yrs ago. But I wish they would provide some more clues about alternative treatments, even if its just a comprehensive list with reference to future readings (like meta studies). I also would have loved to see more diet comparisons treatments. The book feels also really US centric, while other countries have other treatment or monitoring approaches that work as well but are not that common in the US. Yet this is just a wishlist for improvements, a wishlist for a book that is still in my opinion the best in this field and provides a comprehensive overview.

My mom just was diagnosed with Crohn's, so I wanted to find out as much as possible about it. This was an easy read and gave me lots of information I needed. I haven't read the whole thing, but it's given me lots of great info. I've been able to help my mom and help her make more informed decisions about her health. Worth the money I thought.

I found this book to be a great resource for my ulcerative colitis. Dr. Ali does a great job in explaining both diseases in detail, along with available medications and emerging therapies, diet, common trigger foods, etc. I've had UC for 12 years and still learned some things from this book. I also think this is a great book for people who have a loved one with either disease.

Great book for someone newly diagnosed with Crohns or colitis or someone wanting to learn more about the diseases. Explains everything in terms a non-medical person can understand. Covers just about everything you need to know. I highly recommend this book!

This book is very informative. I would recommend it to anyone coping with Crohn's Disease or Colitis.

This book is a great resource of information, written easy to understand. Helpful hints can be put to use immediately

This was a gift. It is helping a lot.

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The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease)  
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