

# Digestive Daily

Each year over 35 million office visits and 15% of hospital admissions are due to problems with the digestive tract.

## General Guidelines for a Healthier Digestive Tract:

**D**ecrease or eliminate digestive tract irritants. (*alcohol, caffeine, anti-inflammatory drugs...*)

**I**ncrease your daily fiber intake. (*25-30 grams per day for adults*)

**G**et plenty of rest and relaxation.

**E**xercise regularly, 3-5 times a week.

**S**top smoking and using tobacco.

**T**ake medications as instructed. *Read drug labels carefully.*

**I**ncrease your daily amount of water intake. (*6-8 glasses per day*)

**O**bserve for changes in your regular daily habits i.e. irregular bowel movements, blood in stool/vomit, change in skin color

**N**otify your physician if you have any abnormal symptoms



## What's your daily Caffeine Intake?

### Coffee:

Brewed, drip 115 mg

Instant 65 mg

Decaffeinated 2-3 mg

### Tea:

Brewed 40 mg

Instant 30 mg

### Chocolate:

Hot Cocoa 20 mg

Chocolate (1 oz.) 20 mg

### Soda

Regular Cola 30-46 mg

Gingerale/Sprite 0 mg

Seltzer 0 mg

### Medications:

No Doz/Vivarin 100-200 mg

Anacin/Midol 32 mg

Excedrin 65 mg



## Digestive Disease Web Sites:

American Dietetic Association

[www.eatright.org/nufactsheet.html](http://www.eatright.org/nufactsheet.html)

American Gastroenterological Association

[www.gastro.org/public.html](http://www.gastro.org/public.html)

American Liver Foundation

[www.liverfoundation.org](http://www.liverfoundation.org)

Digestive Diseases/GI links

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

International Foundation for Functional

Gastrointestinal Diseases [www.iffgd.org](http://www.iffgd.org)

Nat'l Digestive Diseases Information

[www.niddk.nih.gov/health/digest/digest.htm](http://www.niddk.nih.gov/health/digest/digest.htm)

North American Society for Pediatric

Gastroenterology and Nutrition

[www.naspgn.org](http://www.naspgn.org)



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## March is Colon Cancer Awareness Month

- Colon cancer is the #2 cancer killer in the U.S.A. It kills more people each year than AIDS and breast cancer combined.
- It doesn't discriminate. It affects both men and women and all ethnic backgrounds.
- The most common symptom is no symptom. That's why screening and early detection are important.
- It has a 90% treatable rate when detected early.
- You are at higher risk for colon cancer if you are over the age of 50, have a family history of colon polyps or colon cancer, have a personal history of colon polyps or have had ulcerative colitis for greater than 7-10 years.
- Ask your physician when the right time is for you to have a screening



## What do those letters stand for?

**CVS** Cyclic Vomiting Syndrome is a condition with repeated attacks of severe vomiting (especially in children). It can last from a few hours to several days.

**EGD** Esophagogastroduodenoscopy is the examination of the esophagus, stomach and upper small bowel with an endoscope.

**ERCP** Endoscopic retrograde cholangiopancreatography is an endoscopic exam of the bile and pancreatic ducts.

**FAP** Familial polyposis is an inherited condition in which multiple precancerous polyps develop in the colon. This condition makes the patient at a very high risk for colon cancer. FAP can also refer to functional abdominal pain.

**FTT** Failure to thrive is a condition that refers to a child's failure to grow as expected.

**GERD** Gastroesophageal Reflux Disease is a condition in which there is repeated reflux, a back flow of stomach acid into the esophagus. It can cause symptoms such as heartburn, difficulty swallowing, sore throat, hoarseness and respiratory problems.

**GI** Gastrointestinal refers to digestive organs from the mouth to the anus.

**IBD** Inflammatory bowel disease is a name for a group of chronic diseases in which a part of the digestive tract is inflamed

**IBS** Irritable bowel syndrome, a.k.a spastic colon is a functional disorder of the intestines that causes an increase in the motility resulting in abdominal cramps, gas, bloating, diarrhea and/or constipation.

**PPI** Proton Pump Inhibitors are a type of medication that stops the acid pump from producing acid. These meds include Prilosec, Nexium, Prevacid, Aciphex and Protonix.

**U.C.** Ulcerative colitis is a chronic inflammatory disease of the colon marked by ulcerations in the colon and bloody diarrhea.