



Crohn's and Colitis For Dummies

By Tauseef Ali

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Crohn's and Colitis For Dummies By Tauseef Ali

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

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Editorial Review

From the Back Cover

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

About the Author

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*.

Users Review

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Shawn Francis:

The book Crohn's and Colitis For Dummies can give more knowledge and information about everything you want. Why then must we leave a good thing like a book Crohn's and Colitis For Dummies? Some of you have a different opinion about guide. But one aim which book can give many information for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or information that you take for that, you can give for each other; you can share all of these. Book Crohn's and Colitis For Dummies has simple shape however, you know: it has great and large function for you. You can seem the enormous world by open and read a publication. So it is very wonderful.

Matthew Wallace:

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Doyle Swoope:

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Brian Robinson:

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