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# **Making Sense Of IBS: A Physician Answers Your Questions About Irritable Bowel Syndrome (A Johns Hopkins Press Health Book)**



## Synopsis

IBS, which affects almost one in six Americans, is characterized by abdominal pain, bloating, gas, and diarrhea or constipation. Today more than ever before, physicians are able to diagnose this complex disorder, understand and explain its origins, and develop a treatment plan that effectively meets the individual needs of a patient. Drawing on his many years of experience treating people who have symptoms of IBS, Dr. Brian E. Lacy explains normal digestion, the causes of IBS, how IBS is diagnosed, and what to expect with treatment. He also explores special topics such as IBS in children and psychological, hypnotherapeutic, and psychiatric therapies. Important new information in the second edition includes

- The roles of fiber, gluten, lactose, and fructose in the development and treatment of IBS
- The use of probiotics and antibiotics to treat IBS
- Similarities and differences between IBS and inflammatory bowel disease (IBD)
- The relationship between small intestine bacterial overgrowth and IBS
- How to make the most of your visits to a gastroenterologist
- Lifestyle modifications that can improve symptoms of IBS

Making Sense of IBS is an essential resource for anyone who has symptoms or a diagnosis of IBS as well as for health professionals who treat people with this complex disorder.

## Book Information

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## Customer Reviews

"Anybody who has symptoms or a diagnosis of IBS and clinical staff who may encounter patients with the disease, should read this fascinating book." (Ibadete Fetahu Nursing Times)

"This book is very well-written, clear, and certainly reaches its goal of clearing up the many misconceptions and misinterpretations that surround IBS." (Digestive and Liver Disease)"This is an excellent, well written addition to the lay literature on irritable bowel syndrome. It is clearly written and the use of case studies adds to its utility. IBS patients (and treating gastroenterologists) will benefit greatly from this Johns Hopkins Press Health Book." (Doody's Review Service)"A very clear book... all medical terms are clearly explained." (Consumer Connection)

Very thorough book. Most physicians I've seen don't seem to know much about the condition. This book has been very helpful.

An excellent resource for anyone who suspects he or she may have IBS, or who has begun the diagnosis and treatment process for an unexplained, prolonged GI disorder. It will help the reader navigate the medical process, and make educated decisions about test and treatment options. Dr. Lacy lays out the information in a clear, objective, organized fashion, and in a manner understandable to a lay person. It also is an excellent resource for family members of persons suffering with GI issues. Highly recommended.

Very informative

Excellent information on product

good

Excellent book. Gave me lots of good information and advice.

Dr. Lacy, the author, obviously has experience treating patients with IBS. The medical condition is frustrating for patient and physician alike. The author honestly admits that many physicians who tell a patient having IBS that "It's all in your head" do a disservice to the practice of medicine as well as to the patient. Lacy's specific list of concerns and questions that the patient should take to a doctor when seeking treatment is - alone - worth the price of the book. The book's title is perfect. For

doctor and patient alike, IBS often doesn't "make sense".

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