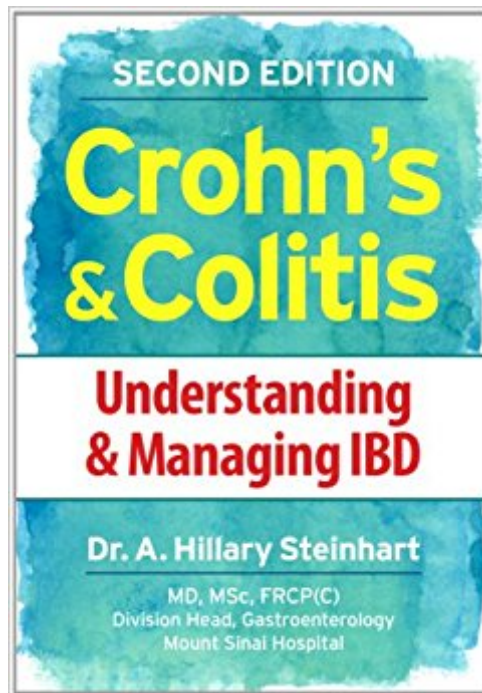




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# Crohn's And Colitis: Understanding And Managing IBD



## Synopsis

A new edition from one of the most respected and authoritative Crohn's and colitis experts. Living with Crohn's disease or ulcerative colitis can be a tremendous challenge, so actually understanding inflammatory bowel disease is the key to developing effective management strategies. The first edition of Dr. Steinhart's book has over 50,000 copies in print and has been recognized by practitioners and patients alike for its invaluable information on the subject. This new edition will feature twenty per cent new content based on the most current evidence from the most reputable sources and it follows new standards of practice for diagnosis and treatment. This will include information on the possible underlying causes, clinical features, and effective treatments of Crohn's disease and ulcerative colitis. Additional case studies will be featured which help to demonstrate successful treatment at work and the interior pages have been redesigned to be even more accessible. Handy charts will summarize key information and "Did You Know" features will introduce new research findings in a friendly, easy-to-understand approach. The popular frequently asked questions section remains as does the friendly but firm approach that proved to be successful in the first edition. While there is no ultimate cure for either condition, Dr. Steinhart's expert guidance will take patients a long way toward improving their health and quality of life, and providing reassurance to their loved ones.

## Book Information

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## Customer Reviews

[Review of previous edition:] Why another book on IBD you might ask? Well this book has raised the

bar in the field of medical information for the general public. The approach taken by Dr. Hillary Steinhart in this book Crohn's and Colitis, results in a clear discussion of an illness that at times seems confusing and that may even be overwhelming for patients and their families. He has set the standard to which other authors should strive; not only in the area of inflammatory bowel disease (IBD), but also in all books that intend to educate the public about medical conditions.... This is an excellent overview of IBD that is written in a style that is easy to understand, yet contains enough detail that it could function as an introduction to the subject for medical students and many other health care professionals.... Would I recommend this [book] to my patients? I would do so absolutely and without reservation. (Ford Bursey, MD, FRCPC, FACP, Associate Professor Crohn's and Colitis Foundation of Canada)[Review of previous edition:] An informative and comprehensive read... The book is written with an uncomplicated, easy to understand style, and with a factual and positive tone.... Many of the questions and answers raised are important to the personal lives of the reader, such as intimacy and social aspects.... The book is written for the lay reader and explains all technical and medical terms carefully.... This informative and optimistic book is a must have for anyone suffering or caring for a person with Crohn's or Ulcerative Colitis. (Georgina Shaman National Association of Crohn's and Colitis)

Dr. A. Hillary Steinhart, MD, MSc, FRCP(C) is Head of the Combined Division of Gastroenterology for Mount Sinai Hospital and the University Health Network in Toronto. He is also an Associate Professor in the Department of Medicine at the University of Toronto. His research interests are in the areas of clinical trials, outcomes assessments, and the genetics of inflammatory bowel diseases.

This was a great book in helping to understand Crohns and U. Colitis . This a good tool to have handy with any questions you may have. I would recommend this book .

Great read and very accurate and helpful. Crohn's and Colitis: Understanding and Managing IBD. Have recommended to many people and will continue to do so.

I'm glad I decided to check this book out from the library instead of purchasing. On page 11, the book states, "In IBS, there has been no clear or consistent evidence that inflammation plays a role in causing the symptoms in humans." On page 13, in the glossary, the book directly contradicts itself and erroneously states, "Irritable Bowel Syndrome (IBS) is a functional GI syndrome

characterized by inflammation, infection, and bacterial changes in the gut...". I didn't get the book to read about IBS (I'm recently diagnosed with Crohn's), but I'm shocked by the editorial oversight here. That said, almost all of the other books available out there on IBD are anti-science "follow this diet and you'll be cured!" type books and this one is not so if you are looking for somewhere to start, I recommend getting this book from your local library if you can.

Crohn's, ulcerative colitis, and IBS are unfortunately far too common and also far too misunderstood. This guide breaks down exactly what these terms mean and how having one of these types of IBD (inflammatory bowel disease) can impact everyday life for both sufferers and their friends and families. The easy-to-understand format of the book nonetheless allows Dr. Steinhart to include an impressive amount of information, ranging from answering questions like "How can IBD affect pregnancy?" to providing tips on managing symptoms and making day-to-day living easier. Case studies, dietary strategies, and suggested ways of coping with the psychological aspects of IBD provide readers with plenty of commonsense ways to take charge of their IBD rather than the reverse. There's even a section focused on child-specific IBD needs. If you are dealing with IBD or just want to learn more about it, this book is a handy reference.

Interesting read. Ultimately there is no 'cure' but I find that reading around the subject and doing as much as I can to help myself at least makes me feel like I'm doing 'something' when I am in flare. This book has been updated recently to contain as much up to date information as possible and is fairly easy to read / understand. Would recommend as a point of reference and making sense of what can become medical jargon.

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