



IBD Self-Management

Sunanda Kane

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Nearly 100,000 Americans of all ages will be diagnosed with inflammatory bowel disease - Crohn's disease and ulcerative colitis - this year. Because IBD is a chronic condition, it requires a lifetime of daily self-management. Knowledge is the key to living well. Vetted by the American Gastroenterological Association, here is expert advice from a trusted authority, Dr Sunanda Kane, on all aspects of living with IBD. Readers learn cutting-edge information about symptoms and symptom management; use of medications and surgery; the role of nutrition, supplements, and specific foods and diets; IBD complications; how to increase fertility and have a healthy pregnancy; and, other ways that IBD affects people's lives. This book is for people of all ages, including parents concerned about proper growth in their children and teens with IBD. Written in an easy-to-understand style, this book is destined to be the classic self-management book on IBD, one that doctors will recommend to all their patients with IBD.

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