



# Digestive Health SmartBrief

Weekly news and information for your GI health

From Anil Patel, M.D. and the American College of Gastroenterology


April 22, 2009

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## Top Story

### **IBS patients more likely to have celiac disease**

People with irritable bowel syndrome had quadruple the rate of biopsy-proved celiac disease compared with those without IBS, according a review of 14 studies. The researchers noted that current guidelines don't always recommend screening for both conditions. [Medscape](#) (free registration) (4/16)  [Email this story](#)

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## Guide to Healthy Living

### **Stress levels vary by geographic location, study finds**

An analysis of stress levels reported across two different time periods by 2.4 million U.S. adults showed a greater-than-expected correlation between geographic location and general stress level. For instance, only 6.6% of Hawaiians reported frequent mental distress, compared with 14.4% of Kentuckians. Researchers also noted that frequent mental distress appears to be on the rise overall. [CNN](#) (4/15)  [Email this story](#)

### **Columnist: Meeting daily USDA nutrition goals tough**

Washington Post columnist Jennifer Huget and registered dietitian Danielle Omar found it was very difficult to create a diet that met all daily USDA nutrition standards without using a supplement. The diet they came up with was meager on portions, went over the recommended limits for sodium, and didn't contain any wiggle room to add dessert or have alcohol. Some tips they learned: Be selective about processed foods, eat as many fruits and vegetables as possible, and use spices and herbs. [The Washington Post](#) (4/14)  [Email this story](#)

### **Talk show host keeps cooking despite celiac disease**

Talk show host Elisabeth Hasselbeck says it has been a struggle to switch to a gluten-free diet since being diagnosed with celiac disease seven years ago, but she doesn't let the disease stand in the way of cooking her favorite family recipes. Hasselbeck, wife of NFL quarterback Matt Hasselbeck, also has written her own guide book called "The G Free Diet." [People](#) (4/13)

### DID YOU KNOW?

Hepatitis can make you feel like you have the flu. You might feel tired, feel sick to your stomach, have a fever, lose your appetite, have stomach pain or have diarrhea. Some people who have hepatitis have dark yellow urine, light-colored stools, or yellowish eyes and skin. Some people don't have any symptoms. If you think you might have hepatitis, go to your doctor for a blood test.— [National Digestive Diseases Information Clearinghouse](#)

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### PATIENT PERSPECTIVES

"I continue to practice mindfulness because I know it helps. And at least once a day, I find a reminder to be present in the moment. But I would love to capture the essence on a more regular basis, be more present in more moments... and not so caught up in the "what ifs"

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### **Starbucks to start selling gluten-free cake in May**

Starbucks will start selling a gluten-free Valencia Orange Cake for \$2.25 a piece in U.S. stores beginning in May. The company said it got numerous requests for gluten-free menu items from customers on its [mystarbucksidea.com](http://mystarbucksidea.com) Web site. [Forbes/The Associated Press](#) (4/17)

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### **Data mixed on colorectal cancer risk from meat, fish**

A review of studies found eating fruit and vegetables reduces the risk of colorectal cancer, but the data was mixed for meat and fish consumption. A meta-analysis of more than 1,070 cases of colorectal cancer showed no disease link to animal fat or protein; but a second study suggested an increased cancer risk due to heterocyclic aromatic amines, the chemicals generated when meat and fish are cooked at high temperatures. [MedPage Today](#) (free registration) (4/15)

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### **Florida program helps people afford gluten-free foods**

A celiac support group in Delray Beach, Fla., has raised \$9,000 to help people with the disease afford the sometimes-pricey gluten-free food they must eat to relieve their symptoms. The Gluten Free Food Assistance Program is believed to be the first in the country and expects to help supplement groceries for up to 30 families in Florida this year. [The Palm Beach Post \(Fla.\)](#) (4/19)

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## **Other News**

### **Gluten-free expo in Chicago a mecca for celiac patients**

Chicago Tribune/The Stew blog (4/19)

### **Analysis: Coffee offers no colorectal cancer protection**

Reuters (4/13)

### **It's National Minority Cancer Awareness Week**

[kypost.com](http://kypost.com) (4/16)

### **Crohn's disease helps bring married couple closer**

The Spokesman-Review (Spokane, Wash.) (4/16)

that consume me."—posting on [Chronic Babe](#)

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**Chef to Plate: Celebrating Restaurants Serving Up Gluten-Free Awareness**—Join in an international awareness campaign for gluten-free living during May 2009, through the restaurants that support persons living with gluten intolerances. You can make a difference. Visit [www.GLUTEN.net/events.php](http://www.GLUTEN.net/events.php) Sponsored by the Gluten Intolerance Group of North America.

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## Diagnosis & Treatment

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### **Some children with celiac may be able to consume gluten**

Asymptomatic children with biopsy-diagnosed celiac disease may not need to begin a gluten-free diet until they develop symptoms, according to researchers in the Netherlands. A small study of 32 children found that after 10 years, health status improved for 41% of those treated early for the disease and for 25% of those treated by preventing gluten-dependent symptoms that they developed after diagnosis. [Medscape/Reuters](#) (free registration) (4/10)


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### **Some patients with GERD symptoms may have eosinophilic esophagitis**


Patients with symptoms of gastroesophageal reflux disease who don't get relief from the usual treatments may have eosinophilic esophagitis, experts say. EE, which has many symptoms similar to GERD, is believed to be an allergic reaction to food or perhaps pollen and can be confirmed by a biopsy. [American Medical News](#) (subscription required) (4/20)

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### **Wine, advanced education linked to lower risk of Barrett's**

A glass of red wine each day and higher education status appear to be linked with a reduced risk of developing Barrett's esophagus, according to a study of BE patients, GERD patients and healthy controls. The researchers said compounds such as polyphenol, found in red wine, may have a protective effect on biomarkers of oxidative stress. [Reuters](#) (4/15)  [Email this story](#)

### **Turmeric may help reduce inflammatory bowel symptoms**

Curcumin, the yellow component of the turmeric spice, reduces inflammation and might help relieve symptoms for people suffering from inflammatory bowel disease, a study in the British Journal of Nutrition found. The New Zealand researchers said the findings could help in the development of diet-based treatments for IBD. [Stuff \(New Zealand\)](#) (4/20)  [Email this story](#)

## Other News

### **Antibiotics can trigger severe C. difficile infections**

The New York Times (4/13)

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## Clinical Trial Monitor

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*A selection of U.S. based clinical trials seeking participants*

### **Ulcerative Colitis: Effects of Probiotics**

California. [clinicaltrials.gov](#)  [Email this story](#)

### **Children With IBD: Vitamin D Levels**

Massachusetts. [clinicaltrials.gov](#)  [Email this story](#)

### **Compare the Efficacy of 2 Bowel Preparation Regimens (Same-Day Morning Versus Prior-Day Evening) for Afternoon Colonoscopies**

Florida. [clinicaltrials.gov](#)  [Email this story](#)

### **Advanced Gastrointestinal Cancer: Irinotecan, Fluorouracil, and Leucovorin**

Minnesota. [clinicaltrials.gov](#)  [Email this story](#)

## Pediatric Patients With Chronic Hepatitis B Virus Infection: A Study of Entecavir

California, Connecticut, Florida, Maryland, Massachusetts, New York, Pennsylvania, Rhode Island, Texas; Argentina, Belgium, Brazil, Canada, Korea, Taiwan, United Kingdom.

[clinicaltrials.gov](http://clinicaltrials.gov)  [Email this story](#)



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## Policy Watch


### **Medicare coverage of virtual colonoscopies stirs debate**

Federal officials are expected next month to decide whether to allow Medicare coverage for virtual colonoscopies to detect colorectal cancer. Critics say the procedure contributes to rising health care costs—because a traditional colonoscopy is required if anything is detected—and is not backed by enough evidence to confirm its effectiveness. Proponents say virtual colonoscopy is more affordable than conventional techniques and could help save more lives. [Los Angeles](#)

[Times](#) (4/18)  [Email this story](#)

**ACG note:** The College has long supported standard colonoscopy as the best available option in colon cancer screening. As noted in the LA Times article as well as in a recent [New York Times editorial](#), many patients who have polyps detected by CT colonography will still have to undergo complete colonoscopy. The College works to maximize the number of people who are screened for colorectal cancer and, accordingly, recognizes that, today, CT colonography might be an option to consider for patients who, because of infirmity or the presence of significant co-morbid diseases, would be at an increased risk for complications in relation to colonoscopy. However, the vast majority of patients would benefit from the potentially life-saving screening of colonoscopy screening using widely available, safe and effective endoscopic procedures. ACG believe consumers should recognize that CT colonography does not currently represent a painless or risk-free procedure, nor does it eliminate the need for bowel cleansing, which many patients report as a barrier to screening.

### **Wis. bill would mandate coverage of colonoscopies**

Wisconsin lawmakers are considering legislation that would require insurers to pay for a colonoscopy for anyone age 50 or older and for those who have a family history of colorectal cancer. WISC-TV reported that 25 states and Washington, D.C., have passed laws mandating screening coverage. [WISC-TV \(Madison, Wis.\)](#) (4/14)  [Email this story](#)

### **Analysis: Food safety varies by state**

Some states are vigilant about investigating cases of food-borne illnesses, while others are slow to identify problems. More than 3,000 federal, state and local health departments are responsible for finding contaminations in food, but they tend to be underfunded and poorly equipped to

communicate well with each other. [The New York Times](#) (4/19)  [Email this story](#)


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## The Last Word

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*News and information from the American College of Gastroenterology*

### Obesity: Fighting the bulge

Do you weigh more than you should? If your goal is to shed excess pounds, you're not alone. Millions of people suffer from obesity, which, if left untreated, could potentially lead to serious health problems. While exercise and diet are essential to weight loss, surgery may be necessary for severely obese patients. [Learn more about obesity](#), its dangers and the latest [cutting-edge weight-loss procedures](#).  [Email this story](#)

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## SmartQuote



A goal without a plan is just a wish."

--[Antoine de Saint Exupéry](#),  
French writer and aviator

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