



Digestive Health SmartBrief

Weekly news and information for your GI health

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


July 8, 2009

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Top Story

Study finds major increase in celiac disease cases

Gluten intolerance is four times more common today than it was in the 1950s, according to a Mayo Clinic study of blood samples taken from Air Force recruits 50 years ago. Rapid changes in eating habits and food processing may be part of the reason for the increase in celiac cases, the lead researcher said. [Star Tribune \(Minneapolis-St. Paul\)](#) (7/1)  [Email this story](#)




Managing Flares and other IBD Symptoms — the newest educational brochure from the Crohn's and Colitis Foundation of America (CCFA) — is **NOW AVAILABLE**. Now you can get the latest information on how to better manage your flares. [Download a copy and learn more here.](#)


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Guide to Healthy Living

High-fiber diet may help prevent diverticulitis flare-ups


Diverticulitis flare-ups are treated with antibiotics but can be prevented by consuming a diet rich in fruits and vegetables and active culture yogurt, according to the American Cancer Society's Dr. Otis Brawley. Some bulk-forming laxatives also may help reduce the number of flare-ups, he says. [CNN](#) (7/1)  [Email this story](#)

General Mills rolling out gluten-free products

Gluten-free Chex cereal and Betty Crocker mixes have been launched with little fanfare by General Mills for consumers who have celiac disease, gluten intolerance or others who follow a gluten-free diet. Customers are so eager for the products that the company chose to forgo a costly ad campaign. [The Wall Street Journal](#) (7/2)  [Email this story](#)

Gluten-free foods make celiac shopper feel "mainstream": Grace Johnston, who has celiac disease, bubbled over with delight at finding Betty Crocker cookie, cake and brownie mixes among the growing number of gluten-free products. "For the first time in a long time, I felt mainstream in a mainstream grocery store," she said. [The Suncoast News \(Pasco County, Fla.\)/Media General News Service](#) (6/30)

All-natural supplements can carry risks

Pills and supplements that are branded as "all-natural" may seem safe but can be ineffective or cause serious side effects, illness and even death. Experts advise talking with your physician about what supplements you use to make sure they don't interact with prescription drugs you take. [The Boston Globe](#) (6/29)  [Email this story](#)

Tips to stay healthy on a tight budget

DID YOU KNOW?

Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat four or five times a day. This may be because people who skip meals tend to feel hungrier later on, and eat more than they normally would. It may also be that eating many small meals throughout the day helps people control their appetites. -- National Institutes of Health, [Weight-loss and Nutrition Myths](#)

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PATIENT PERSPECTIVES


"When going to stores or restaurants I would always ask first where the bathroom was because when I needed to use it I had to go then, and I wouldn't have time to ask where it was. Thank God my husband and now grown kids are understanding." -- posting on [IBS Tales](#)

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Experts say regular checkups and screenings are a must -- and can avert more costly emergency care -- but patients can ask their doctors about switching to generics or calling with questions rather than coming in for a visit to save on health care costs. Improving diet and exercise by preparing more food at home and working out with a pedometer or jump rope also aids in promoting overall health on a budget.

[Yahoo!/HealthDay News](#) (7/4)  [Email this story](#)

Study: Vegetarian diet protects against some cancers

A study of 60,000 people found that vegetarians are less likely than meat-eaters to develop blood, bladder and stomach cancers. But a vegetarian diet doesn't seem to protect against bowel cancer, researchers found. [BBC](#) (6/30)  [Email this story](#)

Other News

Cholesterol intake tied to higher risk of liver disease

[MedPage Today](#) (7/5)

Teen sees big improvement after Lap-Band surgery

[The Hartford Courant \(Conn.\)](#) (7/5)




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Diagnosis & Treatment

Bile reflux may be mistaken for acid reflux

Bile reflux -- a back-up of digestive fluid from the small intestine -- can often be mistaken for acid reflux, and misdiagnosis can lead to ulcers and even Barrett's esophagus. The condition is less well-known than acid reflux and treatments aren't as simple, but medications or surgery can often control bile reflux. [The New York Times](#) (6/29)  [Email this story](#)

Recurrent mouth sores may signal celiac disease

A small number of people who get recurrent mouth sores called aphthous stomatitis also have gluten-sensitive enteropathy, so celiac testing is recommended for this population, Iranian researchers reported. They said aphthous stomatitis may be the sole manifestation of celiac disease in some patients. [Reuters](#) (6/29)  [Email this story](#)


Report assesses state of cancer in U.S.

The American Cancer Society's Cancer Facts & Figures 2009 showed a steady decline in cancer death rates over the past 15 years and an increase in survival rates, a trend expected to continue this year. Any increases in new cancer cases, experts said, are being attributed to better screening, not an increase in risk. Colon cancer is expected to be among the most common cancer diagnoses for both men and women this year.

[Los Angeles Times](#) (7/6)  [Email this story](#)

Hepatitis C a widespread epidemic

Hepatitis C infection is more widespread and 10 times more infectious than HIV and affects about 4 million people in the U.S. The disease can cause life-threatening complications, including scarring and cirrhosis, if it goes undetected. However, the virus often does not cause symptoms

and can go undiagnosed for years. [KPBS-TV \(San Diego\)](#) (7/6)  [Email this story](#)

Other News

[FDA OKs development of new colorectal cancer drug](#)

Reuters (7/6)


[Obesity rates up, especially among aging boomers](#)

The Washington Post/The Associated Press (7/1)

Clinical Trial Monitor

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

Barrett Esophagus: Erlotinib

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

Calcium/Vitamin D, Biomarkers, & Colon Polyp Prevention

California, Colorado, Georgia, Iowa, Minnesota, New Hampshire, North Carolina, Ohio, South Carolina. [clinicaltrials.gov](#)

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Immune Response to Hepatitis C Virus

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

Newly Diagnosed Colorectal Cancer: Differences in Timely Cancer Diagnosis in African American Patients and in Caucasian Patients

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


Pediatric Short Bowel Syndrome: Fiber Use

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

Policy Watch

[Obama seeks broad support for health system overhaul](#)

President Barack Obama is seeking to build widespread support for health care reform through grass-roots supporters and the use of Q-and-A sessions with voters. However, Sen. Charles Grassley, R-Iowa, said bipartisan support might not be possible if Democrats propose a

government-run plan that would compete with private insurers. [Reuters](#) (7/1)  [Email this story](#)

The Last Word

News and information from the American College of Gastroenterology

Are you at risk for gallstones?

Gallstones are one of the most common gastrointestinal problems, especially for women. Women between the ages of 20 and 60 years are three times more likely to develop gallstones than men. Because obesity is a risk factor, people should aim to maintain an ideal body weight. [Learn](#)

[more about gallstone disease here.](#)  [Email this story](#)

SmartQuote



Since we cannot know all that there is to be known about anything, we ought to know a little about everything."

--[Blaise Pascal](#),

French mathematician, physicist and philosopher

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