



# **Crohn's and Colitis: Understanding the Facts About IBD**

*Dr. Hillary Steinhart Dr. A. Hillary Steinhart MD MSc FRCP[C]*

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*"It is estimated that as many as one million Americans have IBD [inflammatory bowel disease] -- with that number evenly split between Crohn's disease and ulcerative colitis"*

*Crohn's and Colitis Foundation of America*

**Crohn's and Colitis: Understanding the Facts About IBD** is written by a leading expert in the field and provides the most current and significant information on these conditions. The book answers important questions and covers topics such as:

- What is Inflammatory Bowel Disease?
- What are the symptoms?
- How do you get Crohn's disease or ulcerative colitis?
- What to expect when you have IBD?
- Dietary treatment
- Drug therapy
- Surgery
- Psychological factors
- Children with IBD, and
- Alternative medicinal therapies.

Learning as much as possible about the condition is an important step toward taking charge and alleviating the negative effects of IBD on daily life. With this book, patients will gain a better understanding of diagnosis and treatment and begin to lead useful and productive lives. While there is no cure at this time for either condition, Dr. Steinhart's expertise and realistic advice will go a long way to improving a patient's health and quality of life and providing reassurance to their loved ones.

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