

# May Newsletter

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## Treating Diverticulitis

Diverticulitis, although not IBS, is closely related to IBS. The real difference is that in diverticulosis doctors can see the damage, thus giving you the impression that they know why you are suffering. Nothing could be further from the truth. In reality people suffering from diverticulitis are no better off than those diagnosed with IBS (irritable bowel syndrome) when it comes to providing you with a solution to your problem. And both conditions are treated in the same manner.

### What is Diverticulitis?

Diverticulitis is the diagnosis given to people who develop inflammation as a result of diverticulosis. Diverticulosis is presence of weak pouches in the colon called diverticula. Diverticulosis is generally diagnosed from a colonoscopy or a barium contrast x-ray.

It is estimated that by the age of 70 at least 50% of the American population has developed diverticulosis. Diverticulosis by itself does not cause symptoms, but as a result of it some people will develop diverticulitis and thus pain in the lower abdomen often associated with diarrhea.

### What Causes Diverticulosis?

Diverticulosis is generally thought to be caused by excessive pressure in the colon, which may be combined with a weakening of the colon due to age, inflammatory damage, or

both. This pressure is likely directly associated with constipation, although many people don't recognize themselves as having constipation. What many people have come to think of as normal bowel habits may be far from healthy or normal. (For a discussion of what is normal, see [http://www.ibstreatmentcenter.com/2\\_e.htm](http://www.ibstreatmentcenter.com/2_e.htm))

The prevailing theory is that a lack of fiber in the diet ultimately leads to the development of weak pouches in the colon. This is basically another way of saying that people don't eat enough vegetables and don't have as healthy of a diet as they should. How many other conditions can you think of that are caused by the same problem? Also, like many chronic conditions, the incidence is far higher in western countries than in the rest of the world, and people from other countries who switch to a western diet have a much higher incidence of diverticulosis.

### What Causes Diverticulitis?

Diverticulitis, the inflammatory condition associated with diverticulosis, is thought to be caused by foods getting caught in the pouches resulting in the development of an infection. However, this has never been proven.

### How is Diverticulitis Treated?

Diverticulitis is treated in the same way that IBS is treated. Patients are encouraged to increase

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their intake of fiber and water. If a fever develops, then they are given antibiotics for the infection.

Unfortunately, a significant number of people with diverticulosis develop so much damage to their colon that they require surgery. Surgery is performed to remove the damaged portion of the colon, and in some cases results in the removal of the entire colon. Although this resolves the diverticulosis, it doesn't address the original cause of the damage. And in many cases, people continue to suffer from abdominal pain and other digestive symptoms.

The real issue remains: Why was there so much damage and inflammation in the first place? The

answer is usually far more complicated than a simple lack of fiber or water. The same issues that cause inflammation and digestive symptoms in IBS also cause problems in diverticulosis. The two primary areas of concern that need to be addressed are food allergies and imbalances in the ecosystem of the digestive tract. These are complex issues and are almost never addressed properly.

Successfully treating diverticulitis remains a key component of what we do at the IBS Treatment Center and is identical to our approach to IBS. To learn more about our approach, including a wealth of information about food allergies as well as using DNA technology to assess the microbial environment of the digestive tract, please visit our website at [www.IBSTreatmentCenter.com](http://www.IBSTreatmentCenter.com).

## RECIPE

### *Super Simple Banana Bread*

#### **Directions:**

Pre-heat the oven to 375 Farenheit

In a large mixing bowl, mix together

- 4 medium sized ripe bananas, mashed
- 2/3 cup canola or safflower oil

Then add

- 1 cup of sugar

Mix in well, then add

- 2 cups of flour (gluten-free baking flour works fine)

Mix together and add

- 1 to 1-1/2 teaspoon baking soda
- 1/2 cup nuts (walnuts work best), optional

Mix just until the batter is uniform.

Spray a standard, non-stick loaf pan with cooking oil (or wipe oil on with a paper towel).

Pour the batter into the pan and bake in the oven for 1 to 1-1/4 hours. Check at 1 hour.

You may need to cover with aluminum foil near the end of baking to prevent the top from burning before the bread is baked through. Test with a toothpick in the middle. When it comes out clean, the bread is done.



Based on a recipe by Michelle Ryan

# ANNOUNCEMENTS

## *Lawsuit May Get You Reimbursed Money*

### NOTICE OF PROPOSED SETTLEMENT OF CLASS ACTION AND FINAL SETTLEMENT HEARING:

If you are, or have been, a subscriber of any **United Health Group** health insurance plan, including any in the list below, and received services from the IBS Treatment Center or any other “Out Of Network” provider between March 15, 1994 and November 18th, 2009, you may be entitled to additional reimbursement!! Check out the information at <http://www.berdonclaims.com/cases/details.asp?p=Docs&CaseID=261>

Plans: Oxford Health Plans, Inc.  
Sierra Health Services, Inc.  
PacificCare Health Systems, Inc.  
Mid-Atlantic Medical Services, Inc.  
Golden Rule Insurance Company  
HealthWise  
HealthPartners of Arizona, Inc.  
PHP, Inc.  
MetraHealth  
GenCare Health Systems, Inc.  
Student Resources (formerly the student division of MEGA Life and Health Insurance Co.)  
MAMSI  
Fidelity Insurance Company  
Touchpoint Health Plan Inc.  
Neighborhood Health Partnership, Inc.  
Definity Health Corp.  
John Deere Health Care, Inc.  
IBA Health & Life Assurance Co and IBA Self-Funded Group, Inc.  
Arnett Health Plans, Inc.  
HCT  
United Medical Resources, Inc. (UMR)Fiserv, Inc.

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## *Request for Participants in Celiac Disease Research Study*

Amy L. Adams (Masters of Nutrition Candidate, Bastyr University) and Dr. Elizabeth Kirk (Nutrition faculty, Bastyr University and University of Washington) are recruiting volunteers recently diagnosed with celiac disease for a scientific study. The study will evaluate the pre-diagnosis diets of people recently diagnosed with celiac disease to determine whether nutrient and food group intakes differ from the general United States population.

**Participation Requirements:** You must be 18 years of age or older. You must have been diagnosed with celiac disease in the past three (3) months with an intestinal biopsy. You must have lived in the United States during 11 of the 12 months prior to your diagnosis. You must answer survey questions based on your diet during the 12 months prior to your diagnosis via an online questionnaire which will take approximately 1 hour.

To participate in the survey, or if you have questions about the study, email the researchers at: [celiacstudy@nventure.com](mailto:celiacstudy@nventure.com). This study will end June 30, 2010.

## PRODUCT REVIEWS

### *Daiya Vegan Cheese*

*This is what we have been waiting for - an allergen free cheese product that tastes great and melts!!!*

Daiya Vegan Cheese is free of soy, dairy (neither casein nor lactose), gluten, egg, wheat, barley, whey, and nuts. It is also free of artificial ingredients such as preservatives, hormones and antibiotics. Both the Cheddar and Mozzarella flavors are sold in shreds, bagged. They also distribute through some of the major restaurant distributors so ask your favorite restaurant to stock it for their dishes. Washington retailers include Whole Foods, Sidecar Pigs for Peace (in Seattle's U-District), and Olympia Food Coop. Available in other states as well.

Check the Daiya website at <http://www.daiyafoods.com/>



This reviewer has tried both kinds, on pizza, chili, burritos, and etc. The cheese melts well, has the stringy quality we associate with cheese, and has a great cheese flavor. We will be buying a lot more of this.

The Cheddar version is great on chili, sandwiches, etc. The full list of ingredients are as follows: Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed canola and /or non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, inactive yeast, vegan natural flavours, vegetable glycerin, xanthan gum, citric acid (for flavor), annatto.

The Mozzarella version is perfect on Pizza. The full list of ingredients are as follows: Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed canola and /or non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavours, inactive yeast, vegetable glycerin, xanthan gum, citric acid (for flavor).

You can even order pizza from Turnpike Pizza (<http://www.turnpikepizza.com/> next to Greenlake in Seattle) with Daiya Vegan Cheese on it. This reviewer did and it was great! You may even be able to fool your friends. Don't tell them it is not dairy cheese and see what happens. Turnpike Pizza does not have a gluten-free crust option yet. But if enough people let them know they need to....

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### *North Seattle R.O.C.K. (Raising Our Celiac Kids)*

The next meeting of the North Seattle R.O.C.K. is scheduled for May 22, 3:00-5:00, in Bothell.

Please email the organizer Lynn Crutcher to RSVP and get directions, or for more information about the group: [gfkids1@yahoo.com](mailto:gfkids1@yahoo.com)

The meeting topic will be "listing favorite gluten free products." Lynn will send out a simple form to complete prior to meeting to facilitate the conversation. There is a nearby playground for kids to play at, and in the event of rain, the host has Wii.

## *Dr. Wangen's Scheduled Presentations*

If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email at [info@ibstreatmentcenter.com](mailto:info@ibstreatmentcenter.com) or at 206-264-1111.

### [Renton, WA](#)

Tuesday, May 18th, 2010 7:00 PM

Dr. Wangen has been invited back to Valley Medical Center to speak to the South Sound GIG group for his second annual appearance there. Presentation will take place in the Auditorium.

### [Minneapolis, MN](#)

Saturday, June 5th, at 11:00 AM

Dr. Wangen will be a featured speaker at the GIG National Conference. [www.gluten.net](http://www.gluten.net)

### [Everett, WA](#)

Monday, June 21, 2010 7:00PM

Celebrating 6 months of business, Janell's Gluten-Free Market in Everett is planning special events including a talk with Dr. Wangen.

### [Gig Harbor, WA](#)

Wednesday, June 23rd, 2010 7:00 PM

The South Sound Gluten Free Group is hosting Dr. Wangen for a talk on gluten intolerance and celiac disease.

### [San Diego, CA](#)

Saturday, July 24th, 2:00 PM

Dr. Wangen will be the guest speaker at the Gluten Free in SD support group meeting at Rady Children's Medical Office Building, 3030 Children's Way, San Diego, 92123. Room 113 (which is on the ground floor at the south end of the building in the back.)

### [Orange County, CA](#)

Thursday, July 29, 7:00 PM

Orange County Celiacs will be hosting Dr. Wangen. To speak at the Neighborhood Community Center, 1845 Park Ave, Costa Mesa 92626

### [Seattle, WA](#)

Tuesday, September 14, 7:00 PM

Dr. Wangen has been invited to speak again to the King County Medical Assistants

### [Ceour d'Alene, ID](#)

Saturday, October 16

Fall Conference of the Pacific Northwest Society of Gastroenterology Nurses and Associates

### [Corvallis, OR](#)

Saturday, November 6th 2010

Dr. Wangen will be a featured speaker at the Northwest Gluten Free Summit in Corvallis Oregon. Sponsored in part by [GlutenFreeRN](#).