

IBS Treatment Center Newsletter

1229 Madison Street, Suite 1220, Seattle, Washington 98104 (206) 264-1111 www.IBSTreatmentCenter.com

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IN THIS ISSUE

PAGE 1
[Testing](#)

PAGE 2
[Success story](#)
[Event Calender](#)
[GIG meeting](#)
[Celiac Walk](#)

You've already had all the tests?

This is something that many people with IBS say: "I've had all the tests." But seldom is it true. There are literally hundreds of lab tests and procedures that could be done that might provide information about a person's gastrointestinal health. No one ever gets all of them.

The misconception is unfortunately partially supported by what many doctors tell their patients: "There is nothing else to do. You'll just have to live with IBS." If you don't know what is causing your IBS, and you haven't been able to resolve it, then it is highly likely that you haven't had the right tests.

The standard of care for IBS in the medical community is unfortunately very limited. The recommendations provided by one respected international organization are to do only a few tests, or even no tests if your symptoms are consistent with their diagnostic criteria for IBS. The recommendation is to test as little as possible to avoid giving the patient false hope, excessive worry, and to avoid costs. Under these recommendations patients are often given minimal testing and told that there is nothing else to be done.

But some patients do get some blood work, perhaps a stool sample, and even a colonoscopy or other

visual examination of the bowel or bowel muscle movement. On rare occasions, the patient will be tested for food allergies, but the testing is almost never the kind of direct measurement that is supported by the research. Unfortunately the tests and procedures that are done are often described as 'all the tests'. Not only are they only a tiny fraction of the possible tests, but they generally don't reveal the cause of IBS symptoms.

There are many possible causes of IBS symptoms. The right testing can uncover the cause or causes and enable a skilled and experienced doctor to interpret the results and develop an effective treatment plan. This is what we do at the IBS Treatment Center. For more information on testing see our page on the most common testing: [Testing](#). For information on the scientific research, check out our research page: [Research](#)

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Success at the IBS Treatment Center

I first experienced IBS symptoms in 1992, at the age of 21 & I lived with it for 15 years. I tried everything to find a solution including visits to about 10 doctors (G.I. specialists, OB/GYN, Internal Med., allergist, kinesiologist & chiropractors). I read several books on IBS & tried elimination diets. I was tested for gluten and dairy allergies & the tests came back negative. I tried at least 6 different prescription medications, every over-the-counter

treatment available for digestive problems & also tried many “natural remedies” from the health food store. It was frustrating and exhausting & some days were better than others but that was always unpredictable. IBS was draining me & making me feel awful. In January, 2007 I came across the IBS Treatment Center’s website. I immediately made an appointment & visited Dr. Wangen on Feb. 7th. Because of the tests & knowledge gained



from being a patient here, I have felt better in the last 2 months than I have in 15 years! Seeing Dr. Wangen is a **must** for IBS sufferers.

--Mimi

June 2007 Events Calender

•GIG and IBS Support Group

Tuesday, June 5, 2007

Come to our support group and get the latest on Gluten Intolerance and IBS! Make friends who know what you’ve been through and share what you’ve learned too!

Most meetings attended by Dr. Stephen Wangen, founder of the IBS Treatment Center and author of The Irritable Bowel Syndrome Solution.

•Third Annual Celiac Disease Awareness Walk

Saturday, May 19, 2007

Registration at 8am, walk

begins at 9am

Food Fair from 9am to noon

Green Lake Park Community Center

7201 E. Green Lake Drive North, Seattle

-Sample Gluten free products

-Learn more about Celiac Disease and dermatitis herpetiformis

-Help raise funds for Celiac Disease education, advocacy, research and support groups!

\$25 Suggested donation includes t-shirt and food fair admission, \$10 for kids 10 years and younger, \$5 for food fair only

For more information, visit

www.gluten.net, call 253-833-6655 or email info@gluten.net

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