GI CONSULTANT

HEARTBURN

Causes: Irritants: tomato sauce, spicy and fatty foods, fried foods, citrus fruits, chocolates, alcohol, caffeine, cigarettes

Treatment:

- **Lifestyle:**
  - Exercise and weight loss
  - Control diet – limit irritants listed above, Mediterranean diet
  - *Rikkunshito* may be of benefit
  - Avoid tight fitting clothes
  - DO NOT lie down immediately after meals
- **Medications:**
  - **PPI:** a class of medications used to treat GERD/heartburn
  - **How to take?** Take 30 minutes prior to breakfast
  - **Types of PPI:**
    - Nexium (Esomeprazole)
    - Prevacid (Lansoprazole)
    - Prilosec (Omeprazole)
    - Protonix (Pantoprazole)
    - Dexilant (Dexlansoprazole)
    - Aciphex (Rabeprazole)
  - **Drug Interactions:** *DO NOT TAKE OMEPRAZOLE AND NEXIUM WITH PLAVIX*
  - **Side effects of PPI:**
    - Increased incidence of wrist, spine, and hip fractures from osteoporosis (thinning of the bone). Contact your primary care physician for evaluation of bone density.
    - Increased chance of infections such as pneumonia and a bowel infection called C.diff.
    - Nephritis (kidney inflammation) and possibly pancreatic Ca
    - Questionable risk of coronary events and loss of memory could be from H2 rather than PPI
    - Low magnesium levels. Anyone taking these medications for more than one year should get their magnesium levels checked.
    - Contact your pharmacist for a complete list of risks.

CONSTIPATION

Causes: Lack of fiber or water in diet, medications (pain medication/narcotics etc), stress

Treatment:

- **Lifestyle:**
  - Gradually increase the fiber in your diet to 20-25g for females and 25-30g for males daily **(see table below)**
  - Fiber types include soluble, which promote satiety, and insoluble, which encourage bowel movements
    - Fiber supplements include Benefiber (combination), Citrucel (soluble), or Metamucil (insoluble)

Food Serving Grams of Fiber:

Carrots (0.5 cups sliced)	2.3	Canned lima beans (1 cup)	11.6
Banana (1 medium)	3.1	Pistachios (1 cup)	12.0
Orange	3.1	Pitted prunes (1 cup)	12.4
Brown rice (1 cup)	3.5	Peanuts (1 cup)	12.4
Baked potato with skin (1 medium)	3.8	Flax seed (1 cup)	13.0
Green beans (1 cup)	4.0	Canned kidney beans (1 cup)	13.6
Cooked oatmeal (1 cup)	4.0	Canned baked beans – no salt (1 cup)	13.9
Apple with skin (1 medium)	5.2	Boiled lentils (1 cup)	15.6
Bran muffins (1 medium muffin)	5.2	Almonds (1 cup)	17.4
Peas (1 cup)	8.8	Wheat germ (1 cup)	26.1

- **Medications:**
  - **Miralax (Glycolax):** We generally recommend taking it at 8:00 pm with water or a drink of your choice. If you need the medicine more than once we recommend taking a second dose 30 minutes later at 8:30 pm.
  - **Milk of Magnesia (2tbsp. as needed):** Take 2 tbsp. on any day that you skip a bowel movement. Alternatively you can take 500 mg of Phillips Milk of Magnesia caplet once a day. *This medication can be taken with Miralax.*
  - **"Jump start regimen":** Take 1 bottle of Magnesium citrate along with 2 tablets of Dulcolax

New Medication Orders: All Rx. Are faxed to the pharmacy of your choice after 4:30pm
X-rays Ordered **EGD** **Colonoscopy** **Blood Test Ordered**
Check us out on the web: **www.mygastrodr.com**

BLOATING

Causes:

- Foods: milk, cheese, fruit, broccoli, cabbage, asparagus, cauliflower, beans, potatoes, and corn
- Soluble fibers found in oats, barley, and legumes can cause more bloating
- Artificial sweeteners in sugar-free candy, chewing gum, soda, and high fructose corn syrup
- Mouth breathing

Treatment:

- **Lifestyle:**
  - Avoid the foods and artificial sweeteners listed above
  - Avoid mouth breathing
- **Medications:**
  - **Peppermint Tablets** (*TO BE SWALLOWED, DO NOT SUCK*—available at GNC stores)
  - **Florastor, Align or VSL #3 (probiotics)**

DIVERTICULAR DISEASE

What is it:

- Diverticulosis: pockets that form in the sigmoid colon due to lack of fiber in the diet
- Diverticulitits: inflammation of the diverticuli (pockets) that can lead to complications

Treatment:

- Diverticulosis:
  - Diverticular disease (just having the pockets in the colon, *without* inflammation or complication) is common and generally requires no intervention unless infection of bleeding occur
  - Eat more fiber
  - Chew food carefully. Currently, seeds or nuts are NOT thought to cause complications like inflammation or diverticuli bleeding.
- Diverticulitits:
  - Patients need antibiotics when inflammation occurs. Some patients may also need surgery.

COLON CANCER

Reducing your risk of colon cancer:

DO:

- Eat a high-fiber diet (20-30g of fiber daily)
- Consume walnuts, fish, tofu, and soya products
- Exercise and drinking coffee may be of help
- Regular aspirin use may prevent a substantial proportion of colorectal cancers and complement the benefits of screening

AVOID:

- Alcohol and smoking, as they are carcinogenic, even for colon cancer
- Avoid red meats and processed meats (lunch meats, cured meats)—*Lancet Oncology* has reported that processed meats are carcinogenic (can cause colorectal cancer)

MEDICATION SIDE EFFECTS

This list is far from complete. Please contact your pharmacist or physician for additional information.

Diflucan (Fluconazole): Do not take cholesterol-lowering agents with this medicine because of possible muscle breakdown. Diflucan can cause rare serious liver failure. Speak with your doctor if you take narcotics and Diflucan as this could potentially cause overdose.

Cipro or Levaquin: tendon rupture (Achilles tendon), peripheral neuropathy, and liver toxicity.

Pamine or Bentyl: dry mouth, drowsiness, racing of the heart, urinary retention, and constipation

Flagyl or Metronidazole: *do not drink* alcohol with this medication. This includes alcohol from mouth wash rinses. Long-term use can cause neuropathy.

Amitizia: Nausea (avoid by taking this medication with food). Abortions. Patients are advised to use birth control pill or contraceptive measures prior to using this medication. DO NOT SHARE this medication with anyone.

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NASH

1. Long term NASH can cause cirrhosis.
2. Weight reduction was discussed and losing waist circumference is needed
3. Role of Vitamin E and risks with vitamin E were discussed
4. Role of Vitamin D was discussed
5. Diabetic patients may benefit with Victoza
6. 2-3 cups of coffee can be of benefit

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