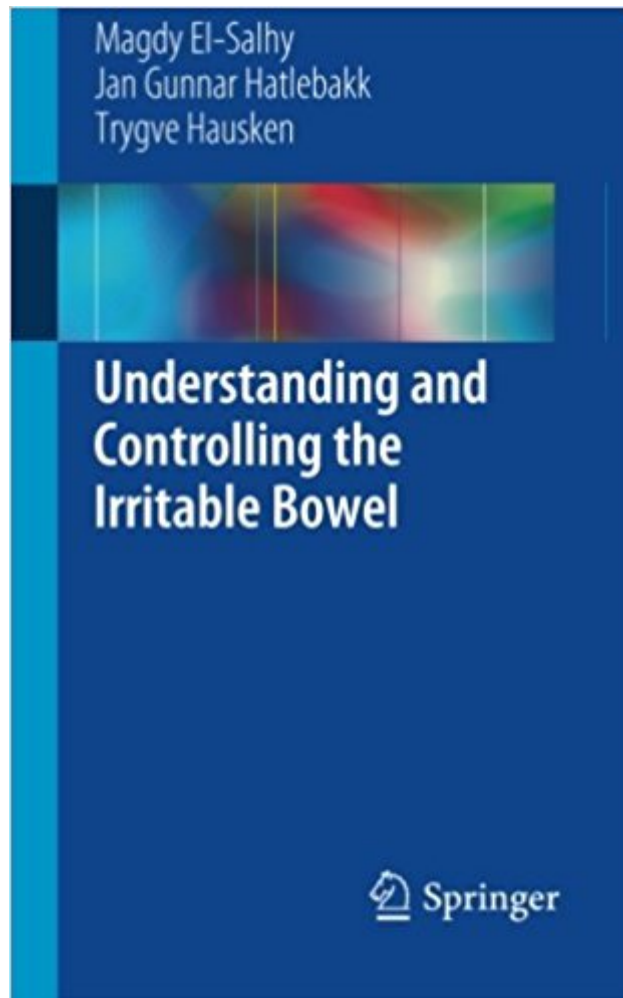




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# Understanding And Controlling The Irritable Bowel



## Synopsis

This book provides up to date information about IBS and its developments in the last decade and provides ways of controlling IBS based on the authors' long experience in treating IBS patients. Although IBS is a tortuous disorder and interferes with the patients' daily activities, it does not develop into a serious disease or kill its sufferer. Understanding and learning ways of controlling IBS does not only help patients to lead normal lives, but also enables them to help their children and closest relatives.

## Book Information

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## Customer Reviews

This easy-to-read book gives sufferers of irritable bowel syndrome (IBS) strategies to improve both their symptoms and quality of life. Up-to-date information about IBS is provided and developments in the understanding and management of IBS from the last decade are discussed, by authors who are gastroenterologists with long experience of working with IBS patients. Each chapter begins with a summary containing the most important points, and includes a large number of illustrations. Thus, the reader can obtain a quick overview by simply reading the summary of each chapter and going through the illustrations; chapters of interest can be read in more detail when more time is available. Understanding and Controlling the Irritable Bowel helps patients suffering from this disorder to manage it and to prevent it from interfering with their everyday activities.

Magdy El-Salhy is Professor of Gastroenterology and Hepatology at the School of Medicine,

University of Bergen and is a consultant gastroenterologist at Stord Hospital, Norway. Professor El-Salhy's research field for the last 40 years has been the neuroendocrine system of the gastrointestinal tract, from basic science to clinical applications. During the last 10 years he has focused his research on irritable bowel syndrome. Jan Gunnar Hatlebakk is a consultant gastroenterologist at Haukeland University Hospital, Professor of Gastroenterology, Hepatology and Clinical Nutrition at University of Bergen Medical School, Norway, and head of the National Center for Functional Gastrointestinal Disorders. Professor Hatlebakk's research interests have included functional gastrointestinal disorders as well as gastroesophageal reflux and gastrointestinal motility disorders. Trygve Hausken is Professor of Gastroenterology and Nutrition, and head of the gastroenterology section as well as a consultant gastroenterologist at Haukeland University Hospital, School of Medicine, University of Bergen, Norway. He completed his PhD (Medicine) in 1992 and has been a specialist in gastroenterology at Haukeland University Hospital since 1989.

I will highly recommend everyone that has been diagnosed with IBS to buy and read this book, or buy it for someone that you know has IBS. The book has helped me to understand how my body works and what foods that can work for me and what foods I should stay away from. It is easy to read, and have great illustrations that will help you understand the symptoms of IBS better. I bring the book with me everywhere I go, and the size is perfect to keep in my handbag. I feel so much better overall after following the tips and information in this book and I can truly say that my symptoms have been reduced a lot since I got it and I keep getting better every day. I have also bought this book for friends with IBS who also finds it extremely helpful.

Very informative and to-the-point written about IBS, symptoms and treatments/reliefs. An easy read, although it uses some medical terms and names (English is not my mother tongue, I assume it's very easily read if English is your first language). Due to its informative language and content it answers a lot of common questions and insecurities that a person struggling with IBS might have. Even if you already feel quite informed this book will leave you with a feeling of more knowledge about the irritable bowel and how the bowel works.

This book delivers updated information about irritable bowel syndrome (IBS) to its readers. It is easy to read and is well written. I would recommend it to all medical doctors/students and gastroenterologists in order to master the management of IBS.

After reading this book, I have a much better understanding of why my stomach aches, and what I can do to make it hurt less. I have recommended the book to several of my family members and will also recommend to others as well if they are struggling with their stomach

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