

Irritable Bowel Disease: Complementary/Alternative Medicine

CROHN'S DISEASE

Intermittent bouts of diarrhea, low-grade fever, and pain in the lower right abdomen
Loss of appetite, weight loss, flatulence, and malaise
Abdominal tenderness, especially in the lower right
X rays show abnormality of the terminal portion of the small intestine

ULCERATIVE COLITIS

Bloody diarrhea with cramps in the lower abdomen
Mild abdominal tenderness, weight loss, and fever
Rectal examination may show fissures, hemorrhoids, fistulas, and abscesses
Diagnosis confirmed by X ray and sigmoidoscopy (examination of the colon with a fiber-optic tube)

QUICK REVIEW

Antibiotic exposure is being linked to Crohn's disease.
Clinical studies that have utilized an elemental diet, intravenous nutrition, or an exclusion diet have produced great success in the treatment of Crohn's disease and ulcerative colitis.
Prostaglandin levels are greatly increased in the colonic mucosa, serum, and stools of patients with inflammatory bowel disease (IBD).
Over 100 disorders, known as extra-intestinal lesions (EIL), constitute a diverse group of systemic complications of IBD.

TREATMENT SUMMARY

The key recommendation is to identify and control food allergies. Other recommendations are