



Gluten Sensitive People May Not Have Had Proper Tests To Rule Out Celiac Disease

A new study showed that people who had trouble digesting gluten and are not tested for celiac disease may not get proper treatment, which could lead to health problems down the line. Some people may have similar symptoms they believe are triggered by gluten, but don't have celiac disease. Celiac disease being an autoimmune condition, can damage the lining of the intestines, resulting in digestive symptoms and potential complications. Jessica Biesiekierski led the study and said, "There is a great deal of hype and misinformation surrounding gluten and wheat allergies and sensitivities". She recommends people should see a gastroenterologist for definitive tests before going gluten-free. Medscape 5/14

NEW HEPATITIS C DRUG APPROVED BY FDA

The newly FDA approved HepC drug is **now available at our office**. Treatment as short as 12 weeks. "The drug called Sovaldi™ & made by Calif. based Gilead Sciences, Inc., works faster & should be much simpler to take for the millions of Americans who have the virus, which can destroy the liver if left untreated." WebMD12.1

SINGLE VISIT COLONOSCOPY FOR PREVENTION OF COLON CANCER

Consult visit is NOT required for most patients. Referring physicians or patients can call our office to schedule this procedure.

GAS COULD MEAN YOU'VE GOT HEALTHY GUT MICROBES

Dr Purna Kashyab, a gastroenterologist at Mayo Clinic in Rochester, Minn suggests passing gas, in some instances, could be a sign that our gut microbes are busy keeping us healthy. "Eating foods that cause gas is the only way for the microbes in the gut to get nutrients", he says. "If we didn't feed them carbohydrates, it would be harder for them to live in our gut." Gas can also make molecules to boost the immune system, protect the lining of the intestine and prevent infections. Dr Kashyab states, "A healthy individual can have up to 18 flatulences per day and be perfectly normal." Michaela Doucleff, NPR, The Salt blog 4/14

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