Do GI symptoms mean that I have active IBD?

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What is your doctor’s mission

Live your life

Avoid surgery

Avoid hospitalization

Avoid cancers

Don’t make anything worse
How are you doing?

Pain

Urgency

Consistency

Time in the restroom

Bleeding

Nocturnal

Everything else
The patient looks comfortable

How does a physician decide how you are doing

- Appearance
- Numeric Pain Scale
- What you tell us
- Objective data

Baars JE et al. *Inflamm Bowel Dis.* 2012;18(9):1634-1640
Causes of Pain

Inflammation
Obstruction
Infection
Causes of Pain

Inflammation

Obstruction

Infection
Avoid triggers

Medications

Behavioral therapy

Bowel rest

Surgery
Causes of Pain

- Inflammation
- Obstruction
- Infection
Causes of Pain

- Inflammation
- Obstruction
- Infection
Antibiotics

Radiology drainage

Surgery

Causes of Diarrhea

- Infections
- Food
- Celiac disease
- Short gut syndrome
- IBS
- Bile salts
- SIBO
SIBO
Dietician

FODMAP
  Fruit
  Honey
  HFCS
  Dairy
  Wheat
  Beans
  Sweeteners

Experiment
  Phase 1
  Phase 2
Causes of Nausea

Obstruction

Medication

Kidney stones

Location
Small meals

Plain foods

Alcohol

Ginger / Peppermint oil

Someone else cook / fans

Medication