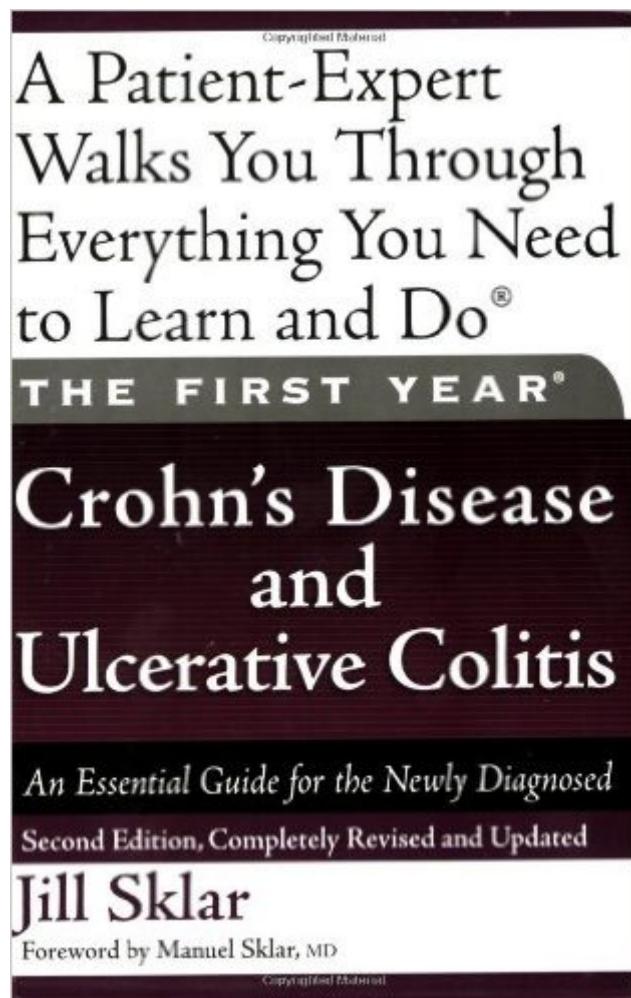


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# The First Year: Crohn's Disease And Ulcerative Colitis: An Essential Guide For The Newly Diagnosed



## Synopsis

This newly revised edition includes new research and insights to help everyone newly diagnosed with IBD come to terms with their condition and the accompanying lifestyle changes; along with other vital information about IBD.

## Book Information

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## Customer Reviews

I have a small library of books on Crohn's disease and Ulcerative Colitis, and this one by far offers the most updated and helpful information. Whenever I have a question about my diet, or my medication, or a new symptom, this is the first book I pull off the shelf. The book is also extremely well-written, with clear explanations of all of the medical information, and some nice personal perspectives from the author, who has Crohn's disease. If you--or a loved one--have recently been diagnosed, do yourself a favor and buy this book. When you close it, you will be a wiser and more prepared patient or caregiver than you were before you opened it.

An excellent overview of the disease and the most up-to-date and complete listing of current treatment options. I have had Crohn's disease for ten years and am very well researched on the disease and still found this book helpful. The title would imply it's a "starter" book, but it's also an excellent reference for veterans of the disease like me. The one negative review that claimed the author was "jaded" is a rather poorly thought out comment. When you write a book about the disease, you talk about the disease and its complications. While it might be uplifting to read about

all the people living comfortably with the disease, it doesn't help you take an active role in determining your treatment. This book does. All of us that suffer with the disease need to take the lead in understanding the disease and making sure we have the best medical care. So do your work! Read this book and others and support the Crohn's and Colitis Foundation of America. Here's to hoping you feel better soon!

In January 2003, at age 40, after years of living with what I thought were my severe food allergies reactions, I was diagnosed with acute, universal, UC. I did not know where to turn for accurate, complete and honest information. I felt my doctor could only offer an overview of the disease. This was one of the first books that I read and I would strongly recommend it. Until I met fellow sufferers through CCFA, I felt very alone with this disease. This book gave me a clear indication of what I have and what to expect with UC. I highly recommend this for the newly diagnosed - it was incredibily informative.

This is a great reference book for anyone interested in IBD, regardless of how long you have had the disease. The title implies it is for the newly diagnosed, but I found it to be a great reference and I have had Crohn's for over ten years and have done a lot of research in the area. While I have read other good overview books, they become dated as new treatments become available. Sklar's book provides a fairly comprehensive and up-to-date review of the current treatments. It's also great to have a fellow-sufferer's perspective. Read it (and don't forget to support the Crohn's and Colitis Foundation of America).

I was recently diagnosed with Crohn's disease. It came as a shock because for the better part of 20 years I was told it was just IBS, that I just needed to de-stress and take a vacation. The doctors could never explain why I still had symptoms while on vacation... This book was a godsend. I couldn't put it down. You leave the doctors office being told you have an incurable disease, it will flare up every now and then, you'll need constant monitoring to see how it progresses, be careful of practically everything you eat, bathroom issues, nutrition issues, and just try to deal with it while you're out with family and friends, Thanksgiving, Christmas, and try to process it all - it's overwhelming. This book really helped put everything in perspective for me. At least I don't feel like a victim that nature has played a cruel trick on anymore. I know the enemy, I know how to deal with the flare up's, and I know I can control it - none of this would have happened without reading this book. I also don't feel isolated and alone anymore - many people don't understand the disease "Oh,

just stop eating bread and I'm sure you'll be fine. It's your diet." or "Just use the bathroom before we go on that three hour trip, you'll be fine." After reading the book you'll realize you're not the only one dealing with Crohn's and there are people out there that really do understand what you're going through.

I believe that anyone with IBD is ultimately responsible for their own medical condition and everyone has a responsibility to CAREFULLY examine the condition and his or her treatment options. Choices and options should coincide with the spectrum of severity on a case-by-case basis. These are people's lives. These are not helpless imbeciles or science experiments. Empower them to take responsibility for their health and engage them in making choices. Encourage them to DO HOMEWORK, study, consult with trained professionals, to UNDERSTAND what they put inside their bodies INCLUDING medications, alternatives and/or nutritional supplements and enable them to evaluate and to decide for themselves if/when risks and implications from pharmaceutical side effects may (in fact) be more damaging than the disease itself. In some cases medications may be crucial but the side effects can do more harm than good. In some cases alternatives may provide relief and control without side effects. I read this book from cover-to-cover and simply grew tired of Jill's bias and persistent minimization of alternative solutions; which could possibly improve quality of life for many who suffer from IBD. The author's credibility went down the toilet when she played on my fears and insulted my intelligence.

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