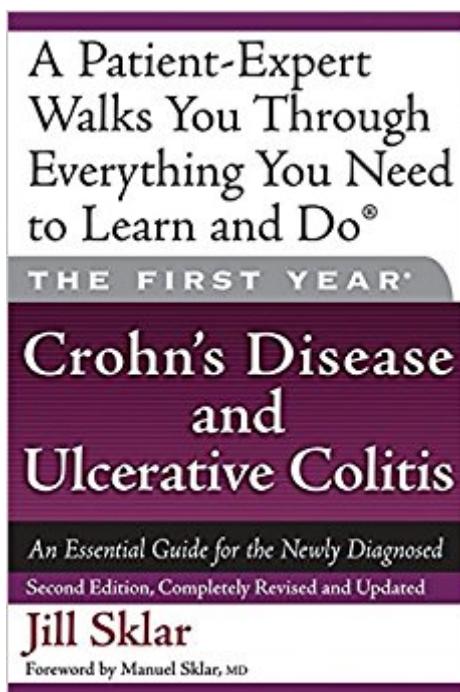


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# The First Year: Crohn's Disease And Ulcerative Colitis: An Essential Guide For The Newly Diagnosed



## 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 &#150; along with other vital information about IBD.

## Book Information

Series: The First Year

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## Customer Reviews

Jill Sklar, a freelance writer specializing in medical writing, has written many articles on medical subjects from heart transplantation to digestive diseases for publications including Hour Detroit Magazine, Style Magazine, and Digestive Health & Nutrition Magazine. She is on the board of the Crohn's and Colitis Foundation of America, Michigan Chapter. Sklar lives in Huntington Woods, Michigan, with her husband and son.

Jill Sklar is a very knowledgeable author and coincidentally ... a huge advocate for those suffering from IBD. To do all the research and blaze her own trail to understanding Crohns Disease on a personal level (being a patient herself) is the the message I took away from reading this book. She also recommends other authors, their books -- as well as the various local and national organizations to study up on - all included in her book !! In short -- a treasure trove of worth while information for all those battling Crohns Disease and Ulcerative Colitis everyday !! Go out and buy this book for yourself or for someone that is special to you and needs to find their way back to health again ... you won't regret it !!!

This book was a good starting point for me. I'm undergoing testing for chron's and this book helped me understand the disorder and treatment options. I highly recommend for newly diagnosed people or their families.

I have had Crohn's for ten years, but learned so much in reading this book. The knowledge I gained from this book has helped me better understand the disease, the medications and treatments, and the dietary/lifestyle needs of a Crohn's or Colitis patient. I now feel I am better able to advocate for myself with my doctors and make better choices pertaining to my health. There were some sections that I skipped through and did not love the month by month structure, but overall I found this book to be extremely helpful and well informed. I am thankful to the author for writing a book that it is so complete.

I purchased this book when my husband was diagnosed with Crohn'sls. It was very helpful in dealing with the disease itself and how to manage the issues of his diet... Foods he can eat and the ones to avoid. Good investment.

I am still reading this book, but so far it is great! I am actually reading as a parent to a 15-year old who has recently been diagnosed with Crohns Disease. It's been very helpful in regards to understanding what she is going through. She is going to read it next... I think it's a good read for someone with Crohns and for those trying to understand the disease. Delivery was quick and efficient!

I have Crohn's and found this to be in terms easy for anyone to understand. I refer to it quite often it has answered as many or more questions then my Gi Dr. has. Also my daughter has Ulcerative Colitis so is good information on that also

A diagnosis of these types of diseases is overwhelming. This book helps to understand what is going on and how to talk to your doctor on what the best plan for your disease is going to be. Lots of good tips to help you get through those first few months, not to mention checking back from time to time when you need it.

This really is a comprehensive guide with everything you need to know and a few things you don't. It

addresses the emotional issues of the newly diagnosed and careful chapter organization paces the reader intentionally. While no book on Crohn's Disease is going to be "a terrific and riveting read," this book is informative and--best of all--optimistic.

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The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease)  
The Ulcerative Colitis Cookbook - The Simple Ulcerative Colitis Diet: The Awesome Cookbook for Ulcerative colitis  
The First Year: Crohn's Disease and Ulcerative Colitis: An Essential Guide for the Newly Diagnosed  
The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders  
Bipolar Disorder: A Guide for the Newly Diagnosed (The New Harbinger Guides for the Newly Diagnosed Series)  
What to Eat with IBD: A Comprehensive Nutrition and Recipe Guide for Crohn's Disease and Ulcerative Colitis  
Fiber Menace: The Truth About the Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer  
Food Symptom Diary: Logbook for symptoms in IBS, food allergies, food intolerances, indigestion, Crohn's disease, ulcerative colitis and leaky gut (pocket size)  
REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis  
The First Year: Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (The Complete First Year)  
The First Year: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed  
The First Year---Parkinson's Disease: An Essential Guide for the Newly Diagnosed  
Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis  
The First Year: Cirrhosis: An Essential Guide for the Newly Diagnosed  
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The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed  
The First Year: Scleroderma: An Essential Guide for the Newly Diagnosed

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