



IDLCare

Institute of Digestive
& Liver Care

S.L. RAHEJA HOSPITAL

India's First

"Digestive Wellness Clinic"

INFORMATION BOOKLET

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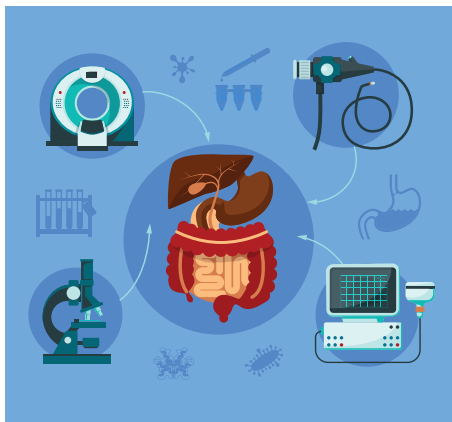
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Digestive Wellness Clinic Offers

EARLY GI CANCER DETECTION FACILITY

Cancer starts with a change in one single cell. This change may be initiated by external agents and genetic factors. Gastrointestinal (GI) cancer is not only one of the most common cancers but also one of the most common causes of cancer deaths. The six most common GI cancers are colorectal cancer , stomach, esophagus, liver, gallbladder,



and pancreas. Majority of patients with these cancers don't present at very early stage. Symptoms usually appear in a moderately advanced disease. It is extremely important to know that if detected early it has nearly 100 percent cure rate. Studies have shown that some individuals have increased risk of cancers and it is important to keep regular watch on symptoms and interventions.

We are fortunate that today we have advanced technology world class equipments which can detect cancers at early stages like endoscopic ultrasound and endocytoscopy.

At digestive wellness clinic checkups will be done for high risk individuals and patients with warning signs so that early detection and timely treatment can be done to achieve high cure rate in cancers.

People with high risk of cancers include:

Elderly patients

Chronic smokers

Chronic alcohol users

Patients with chronic reflux and Barrett's esophagus

Patients with colon polyps

Patients with chronic pancreatitis

Patients with chronic hepatitis B & C or cirrhosis due to other causes

Family history of cancers

Inflammatory bowel disease (IBD)

considered in diagnosis and management. Similarly altered gut bacteria causes small intestinal bacterial overgrowth (SIBO) can cause same overlapping symptoms.

The clinical management of patients with gastrointestinal complaints self-attributed to food should be interdisciplinary, attending to the gastroenterologist, allergy specialist, psychologist, as well as dietary aspects of the condition. Hence a focused disease specific individualized dietary approach should be included in routine clinical management of food sensitivity.

At digestive wellness clinic a detailed consultation will be done whether the symptoms are likely due to food allergy or food intolerance. According to test results and detailed history, we construct a plan for avoidance of the culprit foods and educate patients how to do this.

Symptoms of adverse food reactions	Available test at our centre
Bloating Gas/ flatus Diarrhea Cramps Nausea/vomiting IBS Hives Light headedness H/o asthma/ atopic symptoms- skin and respiratory symptoms Growth failure Extra GI symptoms- migraine, skin rash, depression	Food allergy test- Skin prick testing/ specific IgE levels/ specific IgG based test Hydrogen breath test- SIBO Celiac quick test/TTGIgA- for Celiac disease Lactose intolerance test- On duodenal biopsy- to detect lactase enzyme deficiency

HEALTHY DIET ROUTINE TIPS

- Drink a glass of warm water as soon as you wake up.
- Eat home cooked balanced diet including whole grains, seasonal fruits, vegetables, salads and small portion of dry fruits.
- Divide the food in two to three major meals and two healthy snacks. It is important to remember that dinner does not have to be the largest meal.
- Eat small portion at regular intervals. Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Drink plenty of fluids throughout the day (1.5 to 2litres)
- Eat variety of fruits and vegetable according to seasonal variation.
- Avoid fatty, fried, oily food as much as possible.
- Avoids excess chocolates/ sweets/ ice creams or limit its intake.
- Avoid tea /coffee or limit its daily intake.
- Avoid packaged, canned, processed and stale food.
- Avoid spicy food and junk food as much as possible
- Avoid cold drinks, sodas and sugar enhanced drinks.
- Avoid late night dinners. Keep dinner timings between 7-8pm latest.
- Include vegetable soups before dinner in daily routine.
- Avoid watching TV / Mobile /News Paper during your meal time.
- Detailed dietary guidance will be provided at digestive wellness clinic if you are suffering from food induced gastrointestinal problems, obesity, diabetes, chronic acidity, IBS and IBD for customization of diet.
- Individualized approach is needed to design diet because every individual is unique and they have different underlying co-morbidities, lifestyle, eating patterns, food choices and body type.

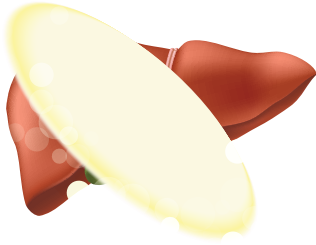


HEALTHY LIFESTYLE

- Include 20minutes of walk in daily routine to improve circulation in all areas and maintain weight.
- Regular habit of deep breathing techniques and Yoga asanas improves oxygenation, perfusion, strengthens the joints/ ligaments and increases flexibility of our body
- Take 10minutes of relaxation break after every 2-3hrs of work, stretch and walk for few minutes f/b deep breathing to calm down our mind and body.
- Avoid addictions like alcohol, tobacco chewing and smoking.
- The amount of water we need is dependent on various factors such as humidity, physical activity and weight. We need to drink about 8-10 glasses of water on an average.
- Keep a big bottle for water on your desk and fill it each morning, keeping in mind that you should finish it by the end of the day.
- Maintain good posture to avoid spinal problems (slipped disc, back aches) and poor blood circulation. A good posture means maintaining the two natural curves at your back – (1) the concave curve from base of head to shoulders and (2) the concave curve from upper back to the base of spine.
- Evening play some outdoor sports/ light gym exercises with friends and family.
- Pack two healthy snacks(fruits, sprouts, or nuts) and a lunch for the office each day, have vegetable soup in evening before dinner.
- Eat dinner two hours before bed to promote digestion and uninterrupted sleep.
- Get enough sleep. When we don't rest well, we compensate by eating more. Usually, it's junk food. Lack of sleep causes acidity, indigestion and premature aging.
- Go for slow walk after dinner.
- Limit screen time-Avoid late night TV/Internet/Video games.
- Spend some time alone, even if it is just 15 minutes, to breathe deeply, meditate, write in a journal to wind down before bed.
- Aim to get to bed before 11pm, seven to eight hours of sleep in night is optimal.
- Meditation before sleep removes the clutter and sets the mind for a more peaceful rest.

LIVER HEALTH

Liver is an important organ for variety of very important functions such as removing contaminants from our blood, converting nutrients from the foods we eat, storing minerals and vitamins, regulating blood clotting, producing cholesterol, proteins,



enzymes and bile, making factors that fight infection, removing bacteria from our blood, maintaining hormone balances and regulating blood sugar levels. The disorders of liver often go undetected for years. Liver can be affected by external influences like diet, alcohol, toxins or infections or by intrinsic influences like autoimmune disorders. A proportion of liver diseases remain silent for many years by having nonspecific symptoms. It is critical to detect these diseases early to treat appropriately.

Last two decades lifestyle changes has brought dramatic increase in what is known as fatty liver disease when fat accumulates in liver. This could be due to dietary imbalance, diabetes & certain drugs. Symptoms due to this disease are vague for example indigestion. If undetected for long time it can progress to serious conditions like cirrhosis of liver. Timely screening of liver function test should be done with people who are alcoholics, fatty liver, gall stones, intravenous drug abusers or having family history of liver disease. Last few decades we have seen extraordinary progress in many diseases. It is very important to diagnose these conditions early as sometimes survival without liver transplantation is not possible if de-compensated liver disease sets in. At digestive wellness clinic we have set up very simple measures to diagnose liver related diseases and appropriate preventive measures.

Liver function test is recommended in the following situations:

- To check for damage from liver infections, such as hepatitis B and hepatitis C
- To monitor side effects of certain medications known to affect the liver
- Symptoms of a liver disorder-Jaundice, decrease in appetite, GI bleeding
- Certain medical conditions such as high triglycerides, diabetes, high blood pressure, anemia, autoimmune diseases
- Alcoholics
- Gallbladder disease
- Fatty liver/ Overweight
- Family H/O liver diseases

Fibroscan:

Early screening of fibrosis through fibroscan is indicated in patients with fatty liver, deranged liver enzymes, family history of liver disease and history of alcohol intake.

EFFECTS OF YOGA ON THE DIGESTIVE SYSTEM

A sedentary lifestyle, imbalanced diet, and frequent stress are the main enemies of our digestive system. Psychological stressors are postulated to result in gastrointestinal symptoms through alteration of intestinal function mediated by the autonomic nervous system, hypothalamic-pituitary-adrenal axis and immune system. As a result, we may end up suffering from one or more of a large set of ailments: indigestion, gastritis, constipation, flatulence, diarrhea, IBS, colitis etc. Hence integrated approach is required in addition to medical treatment.

Yoga is an ancient and mind- body discipline practice, rooted in Indian philosophy. It incorporates and unites principles of posture, breathing and meditation as a way of promoting physical and mental well-being. Exercise only deals with body building and physical fitness whereas yoga incorporates integrated mind-body relaxation, fitness with flexible body in gentle manner.

Studies have suggested possible benefits of yoga for several digestive disorders, including IBS, indigestion, bloating, acidity, constipation etc. Hence it can be added as non-invasive adjunctive therapy to standard medical care.

Benefits of Yoga in gastrointestinal disorders are as follows as per recent research:

- Decreases IBS severity, improves quality of life
- High level of autonomic control
- Decreases visceral hypersensitivity
- Decreases inflammation- by reducing pro-inflammatory biomarkers
- Increases diaphragmatic tone, reduces LES relaxation, enhances LES tone
- Reduction in anxiety, Hypothalamic-pituitary-adrenal axis reactivity
- Improves psycho spiritual functioning and decreases anxiety
- Improves digestion and gastrointestinal motility

Yoga is generally considered a safe form of physical activity for healthy people when performed properly, under the guidance of a qualified instructor. There are many yoga asanas, at our institute we will be selective in including asanas which helps in digestive system.

References:

1. Evans S, et al. Iyengar yoga for adolescents and young adults with irritable bowel syndrome. J Pediatr Gastroenterol Nutr 2014 - Clinical Trial.
2. Schumann D, et al. Effect of Yoga in the Therapy of Irritable Bowel Syndrome: A Systematic Review. Clin Gastroenterol Hepatol 2016 - Review.
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4. Non-pharmacological management of abdominal pain-related functional gastrointestinal disorders in children. Paul SP and Basude D. World J Pediatr 2016 - Review.



CRONIC GI INFECTIONS

H Pylori:

Infection with *Helicobacter pylori* is the most common cause of gastritis and peptic ulcer disease worldwide. Infection is very common and increases with age. *H. pylori* can be transmitted from person to person, especially if people who are infected do not thoroughly wash their hands after a bowel movement. Long-term infection with *H. pylori* increases the risk of stomach cancer. Ulcers can cause a variety of symptoms or no symptoms at all, with the most common symptoms are as follows:

- Pain or discomfort (usually in the upper abdomen)
- Bloating
- Feeling full after eating a small amount of food
- Lack of appetite
- Nausea or vomiting
- Dark or tar-colored stools
- Low hemoglobin and fatigue

Due to overlap symptoms with other GI disorders the diagnosis of H Pylori infection can be for years. Detection of H Pylori can be done by various test, most commonly used test are available at our centre eg urea breath test (noninvasive) and rapid urease test (on antral biopsy). Early diagnosis and timely treatment in symptomatic individuals is important to prevent late complications and stomach cancers.

Small Intestinal Bacterial Overgrowth (SIBO):

A person with small intestinal bacterial overgrowth has too many bacteria in their small intestine. SIBO is more common than doctors previously thought. It is more likely to affect females, older adults, and people with digestive issues, such as irritable bowel syndrome (IBS). It is often difficult to diagnose because symptoms are similar to those of other digestive disorders, such as IBS and lactose intolerance.

They can vary in severity from mild stomach discomfort, abdominal pain, bloating, to chronic diarrhea, weight loss, and a reduced ability to absorb nutrients from food (malabsorption).

Complications:

Abnormally large populations of bacteria in the small intestine can have negative effects on the entire body. Bacterial overgrowth can make it difficult for the body to absorb fats and carbohydrates from food. It can also lead to vitamin deficiencies and excess gas.

Other complications that a person with SIBO may experience include:

- Leaky gut
- Malnutrition
- Dehydration
- Joint pain
- Constipation

People with certain medical conditions and risk factors for SIBO

Medical Conditions	Other risk factors for SIBO include
Cirrhosis Crohn's disease Celiac disease Hypothyroidism HIV Diabetes IBS Scleroderma	Older age Being female Long term use of proton pump inhibitors (PPIs) Previous bowel surgery Course of antibiotics Drinking alcohol

Prevention:

Prevention is a vital component of SIBO management. Addressing and controlling the root cause of SIBO will lower people's risk of reoccurrence. At Digestive Wellness Centre, we have noninvasive specialized hydrogen breath test through which SIBO can be detected

SIBO treatments aim to correct the balance of bacteria in the small intestines. Dietary and lifestyle changes may also prevent SIBO from returning. Eating plenty of plant-based foods and avoiding overly processed and sugary foods will allow good bacteria to flourish and stop unhealthful bacteria from overgrowing. Regular exercise may also help regulate the body's digestive functions.



HOSPITAL

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