

The Bottom Line

Vaughan Endoscopy Clinic (VEC) is a **state of the art** out-of-hospital endoscopy clinic providing **Screening colonoscopy and endoscopy** for the work up of mild gastrointestinal disorders. It is staffed by **gastroenterologists**.

In addition to the endoscopic services, they will provide all the necessary **GI follow-up** required due to findings at the endoscopy.

The Medical Director has been an active participant at the CPSO in the development of **standards for out-of-hospital clinics**, all of which VEC adheres to.

Gastroenterologists:

Dr. William Appell
Dr. David Ford
Dr. Michael Gould
Dr. Susan Greenbloom
Dr. David Kreaden
Dr. Eric Leong
Dr. Michael Ostro
Dr. Ted Ptak
Dr. Lee Roth
Dr. Jonathon Springer
Dr. Rajiv Sethi
Dr. Stephen Sinclair

In addition to high quality and convenient access to endoscopy, the doctors at VEC will provide supplemental practical GI advice through this periodic newsletter. This article is written by Dr. Michael Gould (a gastroenterologist from Etobicoke General Hospital).

Gas and Bloating - What Can I Do?

Despite the many health benefits associated with high-fiber, high fruit or vegetarian diets, many people have unwanted consequences despite the “healthy diet”.

What's the difference between insoluble and soluble fiber?

Insoluble and soluble fiber have important and separate functions, so it's important to consume an appropriate amount of each. When insoluble fiber — from sources like whole wheat, flax seed, and corn bran — is consumed, it cannot be broken down and absorbed. Thus insoluble fiber provides bulk to the digestive tract, which improves bowel motility and reduces constipation. Insoluble fiber also helps regulate food absorption and metabolism. Unless you are gluten intolerant these cause very little gas and bloating.

However, when soluble fiber is consumed — from sources like oats, beans, lentils, and broccoli — they dissolve and ferment within the colon. This produces nutrients that keep the colon healthy. In addition some of the other benefits of soluble fibre are that there's evidence that soluble fiber can benefit the cardiac system, and help with the bowel's immune system. But they also produce the excess gas that can cause pain and bloating. Many patients who state they consume a high fiber diet eat fibers primarily from this category and experience a significant amount of gas and bloating.

What is the role of Gluten?

Gluten is a protein found in the grains barley, rye, wheat, and oats. If you have Celiac disease you are “allergic” to that protein and it can cause a number of GI symptoms or biochemical abnormalities (for further info see our newsletter on Celiac disease). If you have Celiac disease you may experience gas and bloating. There are those who are gluten sensitive but who do not have Celiac disease, and they may experience these symptoms as well. Thus one of the categories of food to avoid, if the other trials do not relieve symptoms, should include gluten.



**VAUGHAN
ENDOSCOPY
CLINIC**

4610 Highway 7
Vaughan, ON L4L 4Y7
905 856 2626
www.vaughanendoscopy.com

What are other possible causes of gas and bloating?

Other causes include lactose intolerance, the mal-absorption of fructose from fruit and fruit juices and the non-absorbable sugars found in artificial sweeteners like sucrolose and molitol (e.g. Splenda).

Common Causes for Gas and Bloating

Soluble Fiber Provides bowel nutrition (<u>but can cause gas</u>)		Gluten	Lactose
Vegetables and Grains Beans Lentils Chick peas Broccoli Cauliflower Rapini Cabbage Brussels' sprouts Oatmeal Psyllium Spelt Soy (cooked or raw)	Fruits (fructose containing) Peaches, Nectarines Apricots Cherries Plums (prunes) Figs Apples Pears Citrus fruits Berries (all) Fruit Juices (cooked or raw)	Wheat Barley Rye Oats	Milk Cheese Yogurt Pizza Lasagna Ice cream

The bottom line is

Patients with gas, bloating, or irritable bowel must be careful in choosing their "healthy food source" so that they don't make their symptoms worse!

Many healthy diets can produce significant GI symptoms.

Trying to avoid each category listed above (in its entirety) for 1 week each and determine if this relieves all your symptoms

Ours newsletters are posted on our website www.vaughanendoscopy.com.

Other GI topics of interest will be published periodically.