Pocket Guide to
INFLAMMATORY BOWEL DISEASE
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Preface

This handbook is the product of a shared dream of the editors. While there are several fine, comprehensive textbooks available on the subject of inflammatory bowel diseases, we felt there was a need for a different type of book, focused on direct patient care.

The *Pocket Guide to Inflammatory Bowel Disease* is written for busy health care providers on the “front lines.” It is meant to be consulted for quick answers on the go, to help anyone who cares for IBD patients identify key problems and make decisions about treatment. The experiences of the editors and contributors as we lectured around the country inspired the format and content of the guidebook – the symptoms that patients complained of most were often the most difficult to triage for the nonspecialist, and the majority of the questions we fielded centered on these issues.
Preface

It was our goal to produce a small, easy-to-use guide with practical clinical application covering symptoms, medications, and therapies. Whether on the phone, on the wards, or in the examining room, we hope that this book will be a trusted resource for practitioners caring for patients with IBD.

Sunanda V. Kane
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Foreword

Once little known and poorly understood, the inflammatory bowel diseases, ulcerative colitis and Crohn’s disease, have undergone a remarkable progression during the past 50 years with new definitive concepts of pathogenesis involving genetic, microbial, and immunological mechanisms, and increased recognition of the varied clinical aspects and complications. Indeed, few diseases in gastroenterology present as diverse an array of clinical problems as the inflammatory bowel diseases. This expansion of scientific knowledge (e.g., epithelial, microbial interactions, cytokines and inflammatory mediators, and neuro-immune interactions) has produced a cascade of publications: textbooks, monographs, reviews, scientific papers, and countless lectures. In addition, characterization of the molecular nature of the IBD inflammatory reaction has
identified new therapeutic molecules with differing mechanisms of action and clinical applications, converting the “art” of IBD management to the “science” of IBD therapy.

The wealth of new scientific knowledge of IBD has created the need for a well-organized, authoritative, clinical guide to ulcerative colitis and Crohn’s disease outlining the clinical course, complications, and response to therapy; the management of special clinical situations including the pediatric patient and the elderly patient; and the appropriate approaches to diagnosis and management. This need has been admirably met in this excellent publication by Drs. Sunanda Kane and Marla Dubinsky and their talented contributing authors, providing a useful clinical guide to the current practical management of the IBD patient.

This publication is highly recommended to all physicians involved in the study and management of IBD patients, including gastroenterology trainees, nurses, and advanced students who will learn much from this well-organized and authoritative contribution to the IBD literature.

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