

FIBER DIETS

WHAT IS FIBER?

“Roughage”, “bulk”, and “bran” are all terms that are used to mean fiber. Fiber is the part of plant foods that cannot be digested by humans. It is found in breads, fruits, cereals, vegetables, and grains. Surprising but true: Animal products such as meat, fish, poultry, eggs, and dairy products do NOT contain any fiber.

Fiber comes in two basic forms, soluble and insoluble. Soluble fiber dissolves in water. Foods high in soluble fiber include fruits, vegetables, oat bran, barley, and some beans. Insoluble fiber does not dissolve in water but instead retains water and is used to soften and build up stool, thus preventing or easing constipation. Insoluble fiber can be found in vegetables, whole grains, and wheat bran.

WHY DO YOU NEED FIBER

A regular intake of fiber has many advantages and can help even if you are healthy. Fiber can keep bowels working regularly and help prevent constipation. Research shows that fiber can also reduce the chance of colon cancer. By increasing food bulk, fiber gives your brain more time to realize that your body is no longer hungry and helps prevent overeating. By providing bulk and softening stool, the pressure of hard bowel movements is eliminated. This decreases the risk of irritable bowel syndrome. Soluble fiber is also thought to lower cholesterol and to help control blood sugar levels in people with diabetes.

HOW MUCH FIBER DO YOU NEED?

Most Americans eat less than the recommended amount of fiber daily. The daily recommendation is 20-35 grams per day. Eating too much fiber may cause diarrhea and bloating. Because people vary in their sensitivity to fiber, a good target is to eat the amount that results in normal bowel movements.

Fiber supplements may be recommended by your physician. These supplements are available in tablet and powder form. They should be used in addition to the 20-35 grams of fiber you get from food. In addition, fiber supplements should be taken with plenty of water.

WHERE CAN YOU GET FIBER?

Ideally, you should be able to get all the daily fiber you need by eating high fiber foods. Fiber can be increased by eating foods in their natural state, before peeling, juicing, and processing. The more natural and less processed a food is, the more fiber it is likely to contain. Fruits can provide up to five grams of fiber in a single serving. Fruits and vegetables with edible skins are higher in fiber. Breads with whole grain flours and added fiber are also a good source of fiber. Bran muffins are popular but may contain high levels of fat. Legumes and beans can contain up to 12 grams of fiber per cup.

Low-residue Fiber Diet

When you are on a low-residue fiber diet, you will eat low-fiber foods that are easy for your body to digest. Eating these foods may slow down your bowel movements. This diet can include foods you are used to eating, like cooked vegetables, fruits, white breads, and meats. It does NOT include foods that make your bowels work more, like beans and legumes, whole grains, raw vegetables and fruits, and nuts and seeds. This diet gives you proteins, fluids, salts and minerals you need. With the right food choices, you can get enough nutrition from this diet. If you are on this diet for a long time, you may have to take supplements, such as Vitamin C, Calcium, Folic Acid, and others. Your goal is to eat less than 10 to 15 grams of fiber each day.

WHY YOU NEED THIS DIET –

You may need to be on a low-residue fiber diet if you have diverticulitis, Crohn's disease, ulcerative colitis, or bowel inflammation. Sometimes people are put on this diet after certain kinds of surgery, such as an ileostomy or colostomy. You may need to follow this diet only for a short period of time or for the rest of your life. Your doctor may refer you to a dietitian for help with meal planning.

Florida Digestive Specialists

Procedure FAQ'S

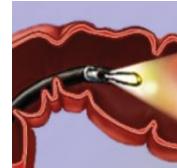
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COLONOSCOPY

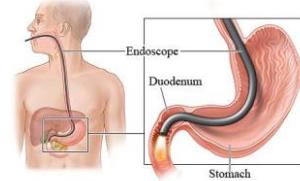


A colonoscopy is a procedure that allows a gastroenterologist to view the inner lining of a patient's colon and rectum. The procedure is performed using a thin, flexible tube (a colonoscope) that is slowly guided through the colon. The end of the colonoscope is lighted and includes a camera that transmits images onto a screen in the procedure room. These images can reveal inflammation, ulcers and even cancerous or pre-cancerous growths within the intestines.

Did you know...

1 in 3 adults between the ages of 50 and 75 have not undergone recommended screening for colon cancer? That is approximately 23 million Americans who are putting themselves at risk of developing a potentially deadly cancer that may have otherwise been prevented by undergoing a colonoscopy. Of all colon cancer screenings, colonoscopy is by far the most commonly used, with more than 6 in 10 people choosing it over other tests.

UPPER ENDOSCOPY



The upper gastrointestinal (GI) tract is the site of many disorders, usually related to diet, environment and heredity. These disorders can develop into a variety of diseases or symptoms, which can be diagnosed with a procedure called an upper gastrointestinal endoscopy or EGD (esophagogastroduodenoscopy).

By visually examining the upper intestinal tract using a lighted, flexible endoscope, gastroenterologists can diagnose:

- Ulcers — which can develop in the esophagus, stomach, or duodenum;
- Tumors of the stomach or esophagus;
- Difficulty in swallowing;
- Upper abdominal pain or indigestion;
- Intestinal bleeding;
- Esophagitis and heartburn — a chronic inflammation of the esophagus due to reflux of stomach acid and digestive juices; and
- Gastritis — an inflammation of the lining of the stomach.

During an EGD, other instruments can be passed through the endoscope to perform additional procedures if needed. These procedures could include a biopsy, in which a small tissue specimen is obtained for microscopic analysis, or removal of a polyp or tumor using a thin wire snare and electrocautery (electrical heat).

CAPSULE ENDOSCOPY

A capsule endoscopy is a diagnostic procedure used to view the inside of the GI tract – specifically the small intestine. Unlike traditional endoscopy procedures, St. Petersburg capsule endoscopies are begun in a doctor's office and carried out in the days that follow. During that time, a patient swallows a capsule that contains a tiny camera. The camera takes pictures as it travels through the digestive tract and transmits the images to a receiver worn on the outside of the body.



Did you know...

That until recent years, the small intestine was one of the most difficult organs to diagnose and treat without a major operation? Thanks to the capsule endoscopy, many patients enjoy diagnostic testing that is minimally invasive and non-disruptive to their lifestyle. In most cases, a capsule endoscopy is a safe and appropriate procedure for anyone who is capable of swallowing the capsule.