



Elaine McGowan Dietetic Clinics *newsletter*

WELCOME TO THE AUTUMN/ WINTER NEWSLETTER 2011/ 2012

Welcome to the Autumn/Winter Newsletter from Elaine McGowan Dietetic Clinics. It's back to school time for a lot of families and there's a sense of getting back to routine for everyone. It's a perfect time of year to get started on a healthy eating or fitness regime and I hope you'll find plenty of interesting tips and information in this newsletter to get you motivated.

This newsletter introduces an exciting development for the treatment of functional gut disorders such as Irritable Bowel Syndrome (IBS) called the low FODMAP diet. The low FODMAP diet is a new dietary treatment to Ireland and you can read more about this dietary programme in this newsletter. We also look at the "5 a day" recommendation and what that really means. Read more in our did you know sections, where we examine sugar labels and highlight what to look out for on a label.

In the Exercise Corner on page 4 we discuss the importance of weight-bearing and resistance exercise for bone health and reducing the risk of osteoporosis. We have a nice simple, healthy chicken stir-fry recipe on page 3 that is also suitable for anyone with functional gut disorders such as Irritable Bowel Syndrome (IBS). And finally, as always, we have some really inspirational people who would like to share their success stories.

Wishing you good health and energy for the winter months ahead.



WHAT ARE THE FODMAPs?

FODMAPs are found in the foods we eat. FODMAP is an acronym referring to Fermentable, Oligo-saccharides, Di- saccharides, Mono-saccharides and Polyols (FODMAPs). The major FODMAPs are fructose, fructans, galactans, polyols and lactose. In people with gastrointestinal symptoms, a diet high in FODMAPs can cause diarrhoea and/or constipation, bloating, wind, nausea and abdominal pain.

Removing foods high in FODMAPs from the diet is effective in improving symptoms of people with functional gut disorders like IBS.

Low FODMAP information

Please be aware that the low FODMAP diet is a new dietary treatment option to Ireland. The majority of information on low FODMAPs available in books and on the Internet may be out of date and inaccurate.

FODMAP-trained Dietitians

Elaine specialises in the low FODMAP diet and finds it a most effective treatment for functional gut disorders particularly IBS. Elaine is one of few dietitians trained in the low FODMAP diet in the Republic of Ireland.

The diet is most effective when FODMAP-trained dietitians provide dietary advice. It has been shown that patients that had seen a FODMAP-trained dietitian reported significant improvement in symptoms after being on the diet.

To make an appointment for the low FODMAP dietary programme please contact your nearest Elaine McGowan Dietetic Clinic (contact numbers listed on the back of this newsletter) or please go to www.emgdc.ie

IRRITABLE BOWEL SYNDROME (IBS)

What is Irritable Bowel Syndrome (IBS)?

Irritable Bowel Syndrome (IBS) is a common disorder that affects the large intestine (or colon). It is estimated that 15% of the population will experience symptoms of IBS, with up to half of these presenting to primary care clinicians.

IBS can cause cramping, abdominal pain, bloating, gas, diarrhoea and constipation. Other symptoms sometimes include: nausea, headaches, belching, poor appetite, tiredness, backache, muscle pains, feeling quickly 'full' after eating, heartburn and bladder symptoms. More women than men suffer from IBS.

Elaine has had a special interest in functional gut disorder particularly IBS and has been treating patients in her clinics with IBS for over 20 years. Most of these patients are referred from Gastroenterologists or GPs, but you may also self refer. Her interest in functional gut disorders led her to Melbourne in Australia the hub of research in this area.

Following on from this research visit to Melbourne, Elaine decided to further expand her knowledge base in this area. In May 2011 in King's College London she completed the professional training and development course on 'The Low FODMAP Diet in Functional Gastrointestinal Disorders'.

Low FODMAP diet

The low FODMAP diet has been published in international medical journals and is now accepted and recommended as one of the most effective dietary therapies for functional gut disorders such as IBS.

The low FODMAP diet originated in Melbourne, Australia where it was developed by a team of researchers at Monash University. It has been successfully adapted to the UK by researchers at King's College London and implemented at Guy's and St Thomas' NHS Trust in London.

PATIENT STORY: Julie Hoare, Irritable Bowel Syndrome (IBS) & Weight Loss dietary success

"I'd always been a big girl with little confidence, but this began to change the day I was referred to Elaine. At the age of 22 I was a sufferer of IBS and was weighing 17 stone at 5ft 4in tall. My Limerick based Gastroenterologist referred me to Elaine. She carried out investigations and diagnosed IBS. She advised that I required a dietary approach to treat my IBS and for weight management.

When I first met Elaine I barely spoke to her or even lifted my head, now when I go to see her she can't shut me up. Before I met Elaine my social life was nonexistent and having to buy clothes was always an upsetting experience. I would never shop in Penneys, as the only thing in the shop that would fit me were the socks!

Elaine gave me a plan of what foods I should avoid with my IBS and what foods I could eat and what foods I couldn't eat. By following this and doing some exercise, I managed to clear my IBS symptoms and lost weight each month. As my waistline

began to shrink the opposite was happening with my confidence. It's been a long journey, but I couldn't have done it without the help and support from Elaine, my family and friends.

It is two years later now and I currently weigh just under 10.5 stone and have lost 7 stone. I just want to let people know that you don't have to have surgery or use diet pills to lose weight. Personally, I have tried the diet pills and from my own experiences I would never recommend them and as for surgery why spend a fortune and put yourself through the pain, when following a specialized diet and doing some exercise can get you the same results.

People don't recognize me anymore and it's not just about my physical appearance, I have changed as a person, I have become more confident and outgoing. I now actually have a social life and going shopping is no longer a chore, it's something I love to do!"



before

after

"People don't recognize me anymore and it's not just about my physical appearance, I have changed as a person, I have become more confident and outgoing."

Did you know ?

Food Label – Sugar what to look for?

- Sugar Free = No added or naturally occurring sugar
- No Added Sugar = No extra sugar added
- Reduced Sugar = At least 25% less sugar than standard product

Check the 'Carbohydrates' (of which sugars) figure in the nutrition information panel on the label. Read the following guidelines

- A lot of sugar = 10g of sugar or more per 100g
- Moderate Sugar = Between 2g and 10g of sugar per 100g
- Low Sugar = Less than 5g of sugar per 100g
- A little sugar = 2g of sugar or less per 100g

No Added Sugar

No added sugar doesn't mean that the food is sugar-free or even low in sugar it may still be high in naturally occurring sugars such as those found in fruit, juices and milk.

Practical Pointers:

What about 'Use By', 'Best Before', 'Sell By' or 'Display Until' dates?

- You should not eat foods after their 'Use By' date, as they might not be safe to eat. Microbial changes take place in the food after this time that can put your life at risk.
- 'Best Before' dates are slightly different. This is more to do with quality than safety. It means that the product is best eaten before this date. The flavour or texture may deteriorate after this date but it is not unsafe, with the exception of eggs.
- 'Sell By' or 'Display until' dates are used to help staff keep control of stock – this is done by choice and is always in addition to 'Use By' or 'Best Before' dates.

PATIENT STORY: Ciara Millar, Irritable Bowel Syndrome (IBS) - dietary success

"Growing up in my teens I suffered from problems with my stomach and my bowel. I suffered from vomiting, burping after eating and intense stomach cramps and bloating after eating. The symptoms of these problems got extremely worse in my mid 20's when I started my career. Stress aggravated the problems. My life became centred around these problems because I found it hard to make plans to go out on a night out, to go on flights and to go out for dinner.

In my mid-twenties my symptoms had become so severe that I made an appointment via my G.P. to attend a Gastroenterologist and I had a colonoscopy procedure to check my bowel and a gastroscopy procedure to check my stomach. I was diagnosed as having chronic irritable bowel syndrome. I was also diagnosed as having reflux. I am now 31 and since I first had these procedures I have had them twice since then. I always tried to manage my symptoms by eating more healthy, not eating takeaways, cutting out white bread, cutting out and down on certain alcohol and exercising. I always tended to be worse when I went on holidays and blamed it on the flights.

In the last few months I was almost afraid to eat because everytime I did eat the symptoms of reflux would return and the cramps I was experiencing from my bowel became intolerable. My symptoms were so severe this year that I was vomiting a lot at night and in the morning, suffering from stomach cramps every time I ate. I no longer socialised because I was afraid of being sick when I went out with friends. I missed days in work because of what I was experiencing. My mood swings also changed and I

Miracle Vitamins

Vitamin D – The Sunshine Vitamin

We have known for many years that vitamin D helps to absorb and utilize calcium in the body which is important for bone health and the prevention of osteoporosis. New evidence is also emerging to show that low vitamin D status could contribute to a range of chronic diseases such as hypertension, cardiovascular disease, diabetes and some inflammatory and autoimmune diseases.

The majority of vitamin D is synthesized in our skin when we are exposed to ultraviolet light from the sun. However, due to our Northerly latitude, the sun is only strong enough to achieve this transformation during the summer months. So in Ireland we may not get enough exposure to sunlight to synthesize enough vitamin D. Prevention of skin cancer with protective sun creams and clothing has contributed towards less vitamin D.

Health authorities are now in a quandary as to how to approach the subject, attempting to strike balance between avoiding the increased risk of skin cancer through sun exposure and achieving sufficient sunlight exposure to produce enough vitamin D.

Foods high in vitamin D are salmon, mackerel, tuna and sardines, but be aware that these need to be eaten three times a week in order to make an impact on vitamin D status. Small amounts of the vitamin are also found in beef, liver, cheese and egg yolks. Elaine also recommends foods fortified with vitamin D. If you do not get adequate vitamin D from your diet and/or not enough exposure to sunlight, you may need to take a supplement that contains vitamin D.



Carrot & Orange Soup



Roast Pumpkin & spinach salad with goats cheese and walnuts

wasn't the happy go lucky person I always had been.

I was advised by my gastroenterologist to attend Elaine McGowan. That day I met with Elaine, she was sympathetic to what I had been going through all these years and she said that she would help me. My family and friends had been telling me for months that I couldn't continue to put up with the problems that I had been having for years. Elaine introduced me to the low FODMAP diet and explained it to me in detail. This particular diet lists out certain foods that you can and can't eat. Within two days of using this diet I noticed an enormous change. I have been on this diet now for over two months and I can honestly say that it has changed my life. I can still eat a lot of the food groups that I have always loved. I just had to make certain changes. The symptoms of both reflux and chronic IBS have disappeared completely. I now realise that it is normal not to get cramps or feel nauseous every time I eat. I am happier in myself, the dark circles are gone from under my eyes, I am sleeping better and I have more energy than ever before because of the foods I am now eating on this diet.

Thank you Elaine so much for helping me have a normal life again."

Elaine's Recipe of the Month:

Stir-Fried chicken with Lime & Coriander

This is a tasty simple recipe which is a low FODMAP recipe and suitable for those with IBS. While following the low FODMAP diet, there are many ways to flavour your food by adding fresh herbs such as coriander, basil, parsley, rosemary or thyme. You can also use some chilli, lemon and lime. Soy, oyster and fish sauces are also suitable to use while following the low FODMAP diet. Use these sauces along with some herbs, ginger and suitable low FODMAP vegetables and you have a very healthy low FODMAP meal.

Ingredients (serves 2-3)

- 2 boneless, skinless chicken breasts (preferably free range or organic)
- Grated zest and juice of 1 large lime
- 5 fl oz (150ml) tinned coconut milk (can be low fat)
- 1 green chilli, deseeded and finely chopped
- 1 dessertspoon Thai fish sauce
- 4 heaped tablespoons fresh coriander leaves
- 4 spring onions, cut in to 1 inch shreds (just the green parts, not white part)
- 1 bok choy, roughly chopped
- 1 dessertspoon olive oil

Method

1. Chop the chicken into bite-sized pieces and place in a bowl with the lime juice and zest. Stir well and leave them to marinate for an hour.
2. When you're ready to cook the chicken, heat the oil in the pan or wok over a high heat, add the chicken pieces and stir-fry for 3-4 minutes, until they're golden.
3. Add the chilli, stir-fry for 1 more minute, and add the coconut milk, fish sauce and half the coriander, spring onions (green part only) and bok choy.
4. Cook for another 1-2 minutes, and then serve with white, basmati or brown rice and the remaining coriander and chopped spring onions (green part only) sprinkled over the top.

Try something different!



Exercise Corner: Get Moving



Osteoporosis means porous bones. It is a silent disease that is usually not diagnosed until a fracture/s, (broken bone/s) occurs. According to the Irish Osteoporosis Society it is estimated that 300,000 people in Ireland have osteoporosis. One in 5 men and 1 in 2 women over 50 will develop a fracture due to osteoporosis in their lifetime. The disease can even affect children.

Exercise is an essential part of keeping bones healthy and strong. President of the Irish Osteoporosis Society, Professor Moira O' Brien recommends 30 minutes of daily weight bearing exercises for all age groups, including senior citizens. Weight bearing exercises includes any physical activity where you have to support the weight of your own body such as dancing, running, walking, tennis, squash and football. Walking which is the preferred exercise of many people is a weight-bearing exercise, however it is important to change your pace intermittently.

Some activities can be done in many places, and can be included in a busy daily routine, for example;

- Stair climbing is good for your spine and hip but should only be done by those who are steady on their feet and using a rail. Ten times up and down an average flight of stairs (10-12 steps) are a third of your daily weight-bearing requirements.
- Intermittent jogging is great for people who find running or jogging too strenuous. Walk for a few minutes and then jog for 30-60 seconds. This helps to increase bone density (strength) in the spine and hips but your doctor should medically clear you.
- Resistance exercises are also good for bone health, these are exercises, which involve lifting weights with your arms or legs.

Children should be encouraged to do 60 minutes of moderate-high impact exercise daily (30 minutes weight-bearing and 30 minutes for overall general health). This is especially important prior to puberty as bone strength can be significantly increased to reduce the risk of osteoporosis in later life.

Exercises that become part of your lifestyle routine are always best. The advice of the Osteoporosis Society is to pick an exercise that you enjoy doing and you're more likely to continue with this. Doing a mix of different exercises is ideal. Check out the Irish Osteoporosis Society website for further information www.irishosteoporosis.ie

PATIENT STORY: Clodagh Finn, Irritable Bowel Syndrome (IBS) dietary success

"Over the years, I've tried all kinds of diets – wheat-free, gluten-free, high-fibre, low-fibre – and thought I had finally identified the triggers for my lingering IBS.

I thought I knew what caused the bloating, discomfort and pain, but I was wrong. In my wildest imagination, I never thought that a simple, healthy food like an apple could be a problem until Elaine told me about a dietary therapy for IBS called the low FODMAP diet.

Researchers have pinpointed a number of molecules in food (called FODMAPs) which are poorly absorbed in people with IBS. The list of my trigger foods included some of my favourites – onions, garlic, apples, honey – and under Elaine's supervision and guidance, I tried rationing some and eliminating others.

I kept a food diary and, within four weeks, all my symptoms had improved. And the improvement was lasting. Occasionally, I'll let the diet slip or will feel a little off after eating out or indulging during a holiday, but it's easy enough to get back on track.

I miss my apple a day – and the onions and garlic – but the low FODMAP regime has not been very difficult to follow. I have cut out pasta and most bread, but find that I get away with a little wheat at breakfast and, best of all for this sweet-toothed person, some chocolate and ice cream.

There is still plenty of choice at mealtimes: meat, fish, eggs, tofu, basmati rice and potatoes, plus a carefully chosen selection of fruit and veg. For me, coffee is an irritant too, but I still haven't succeeded in kicking the early-morning caffeine habit.

In the meantime, though, I find the low FODMAP diet very helpful, and refreshingly easy to follow."

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Did you know ?

5 A Day- what does this mean?

On average we eat 3 portions (or servings) of fruit and vegetables a day. Health experts recommend at least 5 portions for better health. So, most of us need to eat more fruit and vegetables!

So what does 5 a day actually mean?

- eat 5 portions of fruit every day or
- eat 5 portions of vegetables (includes salad) every day or, best of all
- eat a mix of fruit and vegetables (includes salad) such as 2 fruit and 3 vegetables, every day.

Remember that frozen, tinned and dried fruit and vegetables count, as well as fresh.



Elaine McGowan Dietetic Clinics

to consult with Elaine, please find your nearest clinic location from list below or visit www.emgdc.ie

Dublin North

The Hermitage Medical Clinic
Suite 18
Old Lucan Road
Dublin 20

Tel: 01 645 9617

Dublin South

The Park Clinic
The Park
Cabinteely
Dublin 18

Tel: 01 285 3666

Limerick

Barrington's Hospital
George's Quay
Limerick

Tel: 061 490 547

Ennis

Cahercalla Community Hospital
Cahercalla
Ennis
Co Clare

Tel: 065 682 2322