IFFGD
International Foundation for Functional Gastrointestinal Disorders

Working for Patients With Physicians, Nurses and Other Health Professional We’re Putting it All Together
Year in Review

4 Paving the Way for Change
   - Raising Awareness
   - Reporter’s Guide to Bowel Incontinence
   - Partnering with Other Groups
   - Reaching Diverse Audiences
   - Media Releases

9 Conducting Research
   - IBS Patients: Their Illness Experience and Unmet Needs
   - Survey Awareness
   - IBS Illness and Severity Focus Groups

12 Supporting Research
   - 2009 Research Awards
   - IFFGD Research Grants

17 Advocacy
   - Budget Testimony
   - Digestive Disease National Coalition Public Policy Forum
   - FDA Guidance Document on IBS Treatments

18 Providing Information & Support
   - Call Center
   - Internet
   - Digestive Health Matters
   - Publications Library

21 Reaching out to Clinicians and Scientists
   - International Symposium on FGiDs
   - Professional Meetings
   - Professional Educational Materials

23 Partnerships with Professional Groups
   - ANMS
   - FBG
   - Rome Foundation

24 A Strong Voice in the Health Community
   - Helping Shape Future Directions
   - Presentations at Professional Meetings

26 IFFGD in the Media
Paving the Way for Change

Raising Awareness
In keeping with our mission, IFFGD devotes much effort toward understanding and raising awareness about digestive disorders and the burden they create for individuals, families, and society. We deliver these messages to a wide variety of audiences through new and traditional media outlets.

This outreach helps to:
• Reassure people affected by a digestive disorder that they are not alone and to empower them to seek help
• Emphasize to legislators the importance of research for digestive disorders
• Express patients' perspectives and needs to healthcare professionals regarding these chronic conditions
• Initiate dialogue and help patients and caregivers find ways to discuss complex or embarrassing symptoms

We intensify our awareness efforts every year during IBS Awareness Month in April and GERD Awareness Week in November. In support of these events, IFFGD releases educational messages to the media and provides specialized Awareness Kits with informational brochures and fact sheets.
Reporter’s Guide to Bowel Incontinence

Shining a Light on a Hidden Medical Condition…

IFFGD developed the Reporter’s Guide to Bowel Incontinence to provide print, broadcast and electronic media with accurate information about incontinence. The guide includes an overview of bowel incontinence, its impact on individuals and society, frequently asked questions, resource references, and suggested story ideas and reasons for writing about this widespread condition.

Distribution included:
• Health/medical reporters at every daily newspaper in the U.S. with a circulation of 10,000 and above
• Health/medical editors at major women's and consumer health publications
• Editors at publications reaching nurses, physicians and other health care professionals
• Health/medical reporters at wire services and network television and radio programs
• Reporters at medical web sites and health care bloggers
• Freelance writers who contribute to magazine, television, radio and Internet outlets
Partnering with Other Groups

Overlapping Conditions Alliance

Irritable bowel syndrome (IBS), temporomandibular joint and muscle disorders (TMJ), endometriosis, interstitial cystitis (painful bladder syndrome), vulvodynia, fibromyalgia, and chronic fatigue syndrome are common conditions, often with shared symptom features.

Research indicates that these conditions frequently coexist, or “overlap,” but no one yet understands how they are connected. Not only do these disorders greatly affect well-being of millions of sufferers and their family members, but they cost billions of dollars each year in medical costs and lost productivity. Furthermore, health care providers receive limited training about these disorders, leading to frequent misdiagnoses and inappropriate and ineffective treatments.

To help facilitate patient care, IFFGD, along with five other nonprofit organizations, announced the formation of a joint Overlapping Conditions Alliance in early 2009. The mission of this alliance is to advance the scientific, medical, and policy needs of individuals afflicted with multiple chronic conditions. The Alliance launched an informational web site at www.OverlappingConditions.org.
Facilitating Scientific Advancement
Chronic pain is a feature of these overlapping conditions. In March 2009, IFFGD sponsored a small group professional meeting of key opinion leaders to explore better scientific approaches to study chronic pain syndromes. This meeting was chaired by Emeran Mayer, M.D. from UCLA and Allen Cowley, Ph.D. from the Medical College of Wisconsin. The group generally agreed on the need for a new approach to study generalized persistent pain syndromes and identify their shared as well as their distinguishing features. This will involve multiple disciplines working together along with patient advocacy groups.

Helping Patients and Families
IFFGD and The TMJ Association, with support from the NIH, National Institute of Dental and Craniofacial Research through a grant provided to Allen Cowley, Ph.D., co-sponsored a patient symposium about Overlapping Medical Conditions on April 28, 2009 in Milwaukee, WI.

Attendees at the meeting included not only patients, but also physicians and research investigators.

Patients and family members travelled to Milwaukee from as far away as Nebraska to attend the 3-hour meeting and learn about symptoms, conditions, and how to find relief.

Guest speakers included:
• Lin Chang, M.D., Professor of Medicine, Division of Digestive Diseases, UCLA, Los Angeles, CA
• William Maixner, Ph.D., D.D.S., Professor, Director, Center for Neurosensory Disorders, UNC School of Dentistry, Chapel Hill, NC
• John Kusiak, Ph.D., Director Molecular and Cellular Neuroscience Program, National Institute of Dental and Craniofacial Research (NIDCR), National Institutes of Health, Bethesda, MD
Reaching Diverse Audiences

Last summer, “Exceptional Parent (EP)” magazine invited IFFGD to write a bylined article. The article was the first in a three-part educational series about incontinence. William F. Norton’s article, “An Overview of Bowel Incontinence: What Can Go Wrong?” provided a basic understanding of causes and treatments, along with practical suggestions for finding help.

EP provides practical advice and the up-to-date educational information for families of children and adults with disabilities and special healthcare needs as well as to the physicians, allied health care professional, and educational professionals who are involved in their care and development.

Media Releases

November 2008 – GERD Awareness Week

Holiday Heartburn or GERD?

It’s no wonder heartburn is a common visitor during the holiday season. Overeating, high fat foods and alcohol consumption – common elements of many holiday celebrations – can also trigger heartburn. While friends and family members might make light of the situation, heartburn is no laughing matter. Frequent or chronic heartburn can be a sign of a more serious health issue known as gastroesophageal reflux disease or GERD.

April 2009 – IBS Awareness Month

It’s Worth the Risk to Get Relief

The risks that patients with IBS (irritable bowel syndrome) are willing to face to get relief from their symptoms demonstrate just how eager they are for new and effective treatments.
Conducting Research

IBS Patients: Their Illness Experience and Unmet Needs

“It’s worth the risk to get relief,” many IBS patients report. IFFGD, in collaboration with the University of North Carolina Center for Functional GI and Motility Disorders, conducted a comprehensive online study of persons with IBS. The goal of the study is to help determine the illness experience and unmet needs of people with irritable bowel syndrome.

The findings were clear: IBS produces a far greater burden on those afflicted than has previously been recognized. In a variety of responses, study participants indicated how desperately they are trying to seek relief from their IBS symptoms.

The results of this study:
• Challenge conventional assumptions that minimize the burden caused by this disorder.
• Provide an understanding of the severity of the condition, and of how desperately people are seeking freedom from symptoms.
• Suggest that much more needs to be done to develop and deliver satisfactory treatment to IBS sufferers.

IFFGD’s published results of the survey are available in print, or online at www.aboutIBS.org/needs-survey. A more extensive report on the study has also been published in a peer-reviewed medical journal: Drossman DA, Morris CB, Schneck S, et al. International survey of patients with IBS: symptom features and their severity, health status, treatments, and risk taking to achieve clinical benefit. Journal of Clinical Gastroenterology. 2009, April 18. [Epub ahead of print]
Raising Awareness about Patient Needs

IFFGD is currently using the survey findings reported in IBS Patients: Their Illness Experience and Unmet Needs to create greater awareness and understanding about the burden of IBS.

Included in this effort was a display ad on the front page of the online version of “Roll Call.” “Roll Call” is an online and print publication that delivers coverage of the people, politics, processes and policy on Capitol Hill. The IFFGD ad appeared in the premiere “banner” position on the front page of the Web site, with a link to a summary of the survey.

IFFGD also ran a print ad in the April 20 print issue of “Roll Call.”

In addition, IFFGD prepared a press release with highlights from the study for distribution to key editors at newspapers, magazines, wire services, radio and television stations, Internet publications and blog sites.
IBS Illness and Severity Focus Groups

Those affected by IBS are well aware of how severity of symptoms can impact their lives. In the general community, however, IBS severity is often underappreciated. Yet treatment decisions by patients and their doctors or therapists are based on severity. Furthermore, investigators in treatment trials need to be able to measure severity when developing drugs. Lacking objective measures, severity must be based on patient experience.

The Rome Foundation and IFFGD collaborated to conduct focus groups to understand the patient’s experience of IBS and the factors that contribute to severity. Using standardized focus group assessment, this qualitative study looked at 16 participants in 3 groups with moderate to severe IBS symptoms. The groups were divided into IBS with mixed bowel patterns, IBS with diarrhea, and IBS with mixed and constipation. The three focus groups were held in Milwaukee. Participants relayed that the severity of their illness was linked to health related quality of life, influenced by:

- Intensity of abdominal pain and other symptoms
- Interference with and restrictions relating to eating, work, and social activities
- Unpredictability of the condition

Supporting Research

2009 Research Awards

In April 2009, IFFGD once again presented research awards to active investigators who have a record of research interest in basic mechanisms or clinical aspects of functional gastrointestinal and motility disorders, and neurogastroenterology. These awards are intended to encourage young investigators to enter into this area of digestive health research and to acknowledge more senior investigators for their contributions to the overall knowledge of gastrointestinal disorders.

We thank the Selection Committee members who reviewed the applications: Douglas Drossman, MD, Chair; Michael Camilleri, MD; Carlo Di Lorenzo, MD; Yvette Taché, PhD; Peter Whorwell, MD; and Jackie Wood, PhD.

Individuals selected for the 2009 awards were recognized at IFFGD’s 8th International Symposium for Functional Gastrointestinal Disorders, held in Milwaukee, Wisconsin. We are honored that Dr. Stephen James, Deputy Director of the Division of Digestive Diseases & Nutrition of the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), was present to offer remarks. Dr. James, along with Dr. Drossman, made the presentations.
We thank and congratulate our 2009 Research Award recipients for their outstanding achievements:

**Senior Investigator – Clinical Science**
Satish S. C. Rao, M.D., Ph.D., University of Iowa Hospitals & Clinic, Iowa City, IA – Dr. Rao's research interests focus on understanding the causes and developing treatments for bowel and pelvic floor disorders, and particularly esophageal chest pain. Recent work on fructose intolerance and fructan malabsorption are advancing the understanding of dietary influences in functional GI disorders.

**Junior Investigator – Clinical Science**
Javier Santos, M.D., Ph.D., Hospital General Universitario Valle de Hebron, Barcelona, Spain – Dr. Santos' research into chronic intestinal inflammation, changes in gut barrier function, motility, visceral sensitivity, and gender-related susceptibility are advancing the understanding of causes and mechanisms underlying functional GI disorders.

**Senior Investigator – Basic Science**
Emeran A. Mayer, M.D., UCLA Center for Integrative Medicine, Los Angeles, CA – Dr. Mayer is a leader in advancing understanding of how the digestive system and the nervous system interact in health and disease. His work has contributed to the understanding of chronic pain, autonomic nervous system responses, and altered brain responses.

**Junior Investigator – Basic Science**
Martin Storr, M.D., Ph.D., University of Calgary, Calgary, Alberta, Canada – Dr. Storr's basic research has examined pharmacologic ways to improve gastrointestinal motility and treatment. A focus of Dr. Storr's research has been on motility and acid related disorders, especially in the field of esophageal motility disorders, including treatment of diffuse esophageal spasm.
Junior Investigator – Pediatrics
Miguel Saps, M.D., Children’s Memorial Hospital, Chicago, IL – Dr. Saps is an innovative researcher who has done much to increase understanding of the prevalence and impact of functional GI disorders among children in the community as well as how to help children with functional abdominal pain. He is instrumental in establishing clinical care models for children with complex pain predominant conditions.

2009 IFFGD Research Award Recipients and Presenters

Left to Right: Stephen James, MD; Satish Rao, MD; Emeran Mayer, MD; Martin Storr, MD; Nancy Norton, IFFGD; Douglas Drossman, MD; Miguel Saps, MD.
IFFGD Research Grants

In 2008, IFFGD awarded three research grants in the amount of $50,000 each. Applicants were invited to seek funding for research related to functional gastrointestinal and motility disorders, and neurogastroenterology. A selection committee independent of IFFGD staff reviewed and scored all the applications. Awardees were as follows:

**IBS Susceptibility Genotypes and Gastroenteritis Exposure in the Developing Nation Setting**
Primary Investigator: Douglas R. Morgan, MD, Associate Professor of Medicine, University of North Carolina at Chapel Hill.
Aims: To explore the IBS susceptibility genotypes in a general population of Central America using a population surveillance system; to determine the association of microbial factors with IBS in the developing nation environment, wherein the majority of the population has been exposed to bacterial gastroenteritis and gastrointestinal infections are recurrent.

**Role of Eosinophil Activation on Mucosal Inflammation in Diarrhea-IBS Patients**
Primary Investigator: Javier Santos, MD, PhD, Senior Staff Physician, Hospital General Universitario Valle de Hebron.
Aims: To determine whether intestinal eosinophils are key to the development and perpetuation of mucosal inflammation in the jejunum of IBS patients and to characterize molecular mechanisms involved.

**Maternally Inherited mtDNA Sequence Variants, Irritable Bowel Syndrome and Other Functional Disorders**
Primary Investigator: Miranda A.L. Van Tilburg, PhD, Research Assistant Professor, University of North Carolina at Chapel Hill.
Aims: To determine the presence and degree of maternal inheritance of functional disorders in IBS; to determine if specific polymorphisms predispose towards the development of IBS and other functional disorders.
Noncompetitive grants also are made from time to time by IFFGD. These discretionary awards support activities or research in line with our mission.

Pediatric Consortium for Research in Functional Gastrointestinal Disorders
Primary Investigator: Carlo Di Lorenzo, M.D., Nationwide Children’s Hospital.
Aims: The mission of the Pediatric Consortium is to improve the quality of life of children with functional gastrointestinal disorders through collaborative research studies.

The initial goals are:
• To build an infrastructure that will allow the Consortium to collect information from different participating centers using a user friendly, secure system
• To complete research projects that are feasible in a relatively short period of time and which will create momentum for further larger, longitudinal research studies.

Initial studies will involve centers chosen by a steering committee. Future studies will be open to any interested party who will submit a research proposal. Research proposals will be evaluated and prioritized by the steering committee.
Advocacy

Fiscal Year 2010 Budget Testimony
IFFGD provided written testimony to the U.S. House Appropriations Subcommittee on Labor, Health and Human Services requesting: 1) Funding increases for National Institutes of Health (NIH); 2) Prioritization and implementation at NIH of research recommendations of the National Commission on Digestive Diseases; 3) Expanding the research portfolio for functional GI and motility disorders such as GERD, IBS, Incontinence, Gastroparesis, and Cyclic Vomiting Syndrome; 4) Support of critical research activities at the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK) and the Office of Research on Women's Health.

Digestive Disease National Coalition Public Policy Forum
IFFGD participated in the 19th Annual Digestive Disease National Coalition (DDNC) Public Policy Forum in Washington D.C in March 2009, visiting Congressional offices to discuss and urge:
1) Renewed commitment to fund the NIH; 2) Meaningful funding increases for the Food and Drug Administration (FDA); 3) Implementation of the research recommendations of the National Commission on Digestive Diseases.

FDA Guidance Document on Treatments
Patient access to treatments for functional gastrointestinal disorders has been greatly reduced due to regulatory ambiguities at the FDA. This along with a lack of resources at FDA has created a situation where few functional gastrointestinal disorders treatments are being developed. To address these circumstances, IFFGD has been:
• Working with other groups to increase needed resources at FDA
• Working to explain the burden of illness and degree of severity of functional GI disorders
• Working with researchers, Congress, and the FDA toward creation of a guidance document that would outline the approval pathway and the implications of adverse events that occur during post-market surveillance.
Providing Information & Support

Call Center
Each year, thousands of people call IFFGD’s toll-free phone number or send letters or emails asking for help. IFFGD’s caring, knowledgeable staff responds to all these inquiries, helping callers find reliable, medically sound information and sort out treatment options that can seem overwhelming and confusing.

Internet
Many of the individuals who contact us each year first learn about IFFGD online. We maintain a family of 9 websites, providing a credible Internet resource. Some of our most recent additions include:

Incontinence Forum
This online forum at www.aboutIncontinence.org/community is designed to give anyone affected by urgency, soiling, or incontinence a safe and supportive place to discuss issues surrounding this often sensitive topic.

Complementing Our Other Web Sites – IAMIBSTM
IFFGD recently launched a new web site at www.IAMIBS.org. The site seeks to expand the definition of those “affected by IBS” to a broad community. Information on the IAMIBS web site is presented in a user-centered and sharable format. Sections on the site help us recognize community supporters.
Digestive Health Matters

The IFFGD quarterly publication, *Digestive Health Matters* provides practical information about digestive health. It also offers perspectives for general audiences on scientific advances. Professionals are updated on current topics that are relevant to their practices, research interests, and patient concerns. Copies are distributed directly to members. The publication also is available online.

*Digestive Health Matters* has provided readers in 133 countries with accurate, up-to-date healthcare information. Each issue is filled with original content authored specifically for our readers based on their feedback. Recent topics include:

- When is Endoscopy Recommended for GERD?
- Diet Advice for Barrett's Esophagus and GERD
- Dyssynergic Defecation: A Common Cause of Chronic Constipation
- Digestive Health Research: Treatment Guidelines for IBS
- I Have a Gut Problem: Which Doctor Should I See?
- Soiling Solutions in Children
- Editorial: Treating Functional Constipation in Children
- Diagnostic Testing in Irritable Bowel Syndrome: Theory vs. Reality — this article listed under new pubs
- Dietary Aspects of Irritable Bowel Syndrome
- A Noisy Tummy: What does it mean?
- The Medical History: How to Help Your Doctor Help You
- Home Based Guided Imagery to Treat Pediatric Functional Abdominal Pain
Publications Library

With over 215 fact sheets and brochures, persons interested in a functional GI or motility disorder can find a wealth of helpful information. Much of the information in our library is written by thought leaders specifically for IFFGD readers and is not available through other sources.

New publications

• Talking To Your Doctor About Incontinence
• Treating Functional Dyspepsia: What Are Your Options?
• Report from IFFGD Research Award Winner: Role of the Central Immune System in Functional Disorders
• Irritable Bowel Syndrome and a Healthy Holiday Season
• Irritable Bowel Syndrome, Heartburn, Dyspepsia: What’s the Difference?
• Irritable Bowel Syndrome: An Approach to Treating Patients
• Is There a Health Benefit From High Colonics
• Report from IFFGD Research Award Winner: Irritable Bowel Syndrome: Searching for Underlying Causes
• Can Intense Exercise Lead to GI Symptoms?
• How Can I Determine if I Received a Thorough Colonoscopy?
• Diagnostic Testing in Irritable Bowel Syndrome: Theory vs. Reality
• Radiation Induced Injury to the Colon and Rectum
• Another Complication of Reflux: Laryngeal Pharyngeal Reflux (LPR)
• How Man’s Commonest Infection Kept its Secret: The H. pylori story – any lessons for the functional gastrointestinal disorders?
• Helping Children and Adolescents Cope With Abdominal Pain
• Hirschsprung’s Disease in Children and Adults
• Bowel Problems in Adults After Surgical Treatment for Childhood Hirschsprung’s Disease
Reaching out to Clinicians and Scientists

International Symposium on Functional Gastrointestinal Disorders

The 8th International Symposium on Functional Gastrointestinal Disorders was held on April 17-19, 2009 in Milwaukee. This biennial symposium was jointly sponsored by IFFGD with the University of Wisconsin School of Medicine and Public Health, Office of Continuing Professional Development in Medicine and Public Health, in cooperation with the Functional Brain-Gut Group (FBG).

Described as “an educational jewel,” the unique program attracted a multidisciplinary audience of 300 scientists, researchers, clinicians and industry leaders from all over the world.

Through a full schedule of general sessions, mini symposia, and workshops, a wide range of topics related to functional GI and motility disorders was covered. Many leading experts presented the information and led discussions. Interactive sessions and networking opportunities produced stimulating discussions, lively exchanges of ideas, and collaborative opportunities.

This format offers participants the chance to learn about advances in functional gastrointestinal and motility disorders, and to develop and hone their clinical skills. The knowledge gained benefited investigators, clinicians and, ultimately, patients with functional GI disorders.
**Other Professional Meetings**

IFFGD exhibits at major medical meetings where we are able to talk and interact with clinicians and investigators about issues surrounding the diagnosis and treatment of functional GI and motility disorders. IFFGD participated in six major meetings in 2008:

- American Academy of Family Physicians
- American College of Gastroenterology
- American Neurogastroenterology and Motility Society Course
- American Society of Colon and Rectal Surgeons
- Digestive Disease Week
- Society of Urologic Nurses and Associates

**Professional Educational Materials**

IFFGD developed an IBS slide presentation, with narration, presenting an overview of IBS, the patient experience, diagnosis, and treatment, including the doctor-patient relationship.

This presentation is intended for use at scientific exhibits at meetings aimed at primary care physicians and pharmacists, including Pri-Med, APhA, and others.
Partnerships with Professional Groups

American Neurogastroenterology and Motility Society (ANMS)
We are pleased to provide a column in Digestive Health Matters contributed by members of the American Neurogastroenterology and Motility Society (ANMS). Nancy Norton is honored to serve as an ad-hoc councilor to the ANMS.

Functional Brain-Gut Research Group (FBG)
Functional Brain-Gut Research Group (FBG) – IFFGD has long maintained an association with the Functional Brain-Gut Research Group. FBG has been supportive of our physician education efforts, notably the biennial International Symposium on Functional GI Disorders. Nancy Norton is honored to serve as an ad-hoc member of the FBG Council.

Rome Foundation
Nancy Norton was a Committee Member on the Rome III: The Functional Gastrointestinal Disorders working team on Gender, Age, Society, Culture, and the Patient’s Perspective.

She is currently a Committee Member of the Rome working group on severity in the functional GI disorders
A Strong Voice in the Health Community

Helping Shape Future Directions

Nancy Norton, founder and president of IFFGD, continues to serve as a leader in the health care community. Her many board positions include:

• National Commission on Digestive Diseases, Commissioner
• Rome Foundation, Severity Committee Member
• Advisory Committee on Research on Women’s Health (ACRWH) of the National Institutes of Health (NIH), Member
• Rome III, Gender, Age, Society, Culture and the Patient’s Perspective in the Functional GI Disorders Committee Member
• National Digestive Disease Information Clearinghouse, Board Member
• Pelvic Floor Disorders Network, NICHD, Advisory Board
• University of North Carolina Center for Functional GI and Motility Disorders, Advisory Board
• Functional Brain Gut Research Group, Ad Hoc Executive Council Member
• American Neurogastroenterology and Motility Society, Ad Hoc Council Member
Presentations at Professional Meetings

Nancy Norton often is invited to make presentations at professional meetings.

Over the past year, these opportunities included:

**Fecal Incontinence: New Perspectives on Early Detection, Current and Future Therapies – Quality of Life Impact**
AGA Institute/SSAT – DDW Combined Clinical Symposium
San Diego, CA, May 20, 2008
(Named Best of DDW 2008)

**Update on the National Commission on Digestive Diseases**
AGA Institute/ANMS Course on Gastroparesis and Functional Dyspepsia
Orlando, FL, January 17, 2009, Presented Jointly with Kenton Sanders, PhD

**Pharmacology Summit: Enteric Neuroscience, Motility, Functional Disease and Obesity – What are the Patients’ Needs?**
ANMS, Washington, DC, March 23, 2009

**Endpoints and Outcomes Conference 2009: Optimizing Clinical Trials in FGID – IBS Patients: Their Illness Experience and Unmet Needs**
Rome Foundation, Milwaukee, WI, April 15, 2009
IFFGD in the Media

IFFGD is regularly contacted by reporters seeking reliable information about GI topics or fact-checking for articles. In addition to directly providing information or arranging for interviews with IFFGD Advisory Board members, IFFGD often is quoted directly or referenced in various news articles.

Over the past year these have included a range of diverse outlets online or in print such as WebMD, Health Day News, Endo Nurse, The Washington Post, Exceptional Parent, and the Annals of Internal Medicine among many others.

<table>
<thead>
<tr>
<th>Date</th>
<th>Article Title</th>
<th>Source</th>
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<tbody>
<tr>
<td>20-Feb-09</td>
<td>Dealing with Digestive Disorders</td>
<td>Perry (OK) Daily Journal</td>
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<td>23-Jan-09</td>
<td>“The Secrets of Managing GERD and Heartburn”</td>
<td>WebMD</td>
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<td>13-Jan-09</td>
<td>“International Foundation for Functional Gastrointestinal Disorders (IFFGD)”</td>
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<td>5-Dec-08</td>
<td>“7 Ways the IFFGD Can Help With Irritable Bowel Syndrome (IBS)”</td>
<td>info-ibs.blogspot.com</td>
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<td>25-Nov-28</td>
<td>“Be Aware of Heartburn, Gastroesophageal Reflux Disease (GERD) This Thanksgiving Holiday Week”</td>
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<td>25-Nov-08</td>
<td>“Be Aware of Heartburn, Reflux Disease (GERD) This Thanksgiving Holiday Week”</td>
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<td>“National GERD Awareness Week Nov. 23 - 29”</td>
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<td>“Peppermint Fiber Can Fight Irritable Bowel”</td>
<td>WashingtonPost.com</td>
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<td>10-Nov-08</td>
<td>“My husband suffers from heartburn. Are there changes in diet that can help?”</td>
<td>rockymountainnews.com</td>
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<td>2008, Nov</td>
<td>“Calendar of Events - November 2008”</td>
<td>EatRightLouisana.org</td>
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<td>8-Oct-08</td>
<td>“Silent No More”</td>
<td>WebMD.com</td>
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<td>“Advocate South Suburban Hospital Suggests Ways to Avoid Heartburn At Summertime Gatherings”</td>
<td>NewMensHealth.com</td>
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<td>1-Apr-08</td>
<td>“Dealing With IBS”</td>
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<td>2-Mar-08</td>
<td>“Diet, stress relief key in fighting irritable bowel syndrome”</td>
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<td>“Harnessing the Mind to Manage Irritable Bowel Syndrome”</td>
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<tr>
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</tr>
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<td>“Administration Request for FDA Fails to Meet U.S./Global Needs”</td>
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April 2009