



## Medicine that works for you: Biofeedback therapy offers help without surgery

Over the years at CRC we have helped hundreds of people deal with some of life's most difficult and uncomfortable health issues. Our top priority is ensuring the health and quality of life of our patients and friends. In order to achieve this, we want to remain on the cutting edge of technology and explore all treatment options for you.

The pelvic floor lab at Colon and Rectal Care Center offers patients a range of choices for their complete care. Recently, a CRC patient was experiencing problems with irritable bowel syndrome, difficulty eliminating stool, and rectal pressure even after a bowel movement. Although the private nature of these issues kept her from seeking help for nearly two years, she finally received a referral from her primary care physician and chose Dr. Narayanan to provide her care.

"Dr. Narayanan has great bedside manner. I only knew him professionally before my appointment," this patient explains. "He is personal and provides a non-threatening environment for a very sensitive issue."

Dr. Narayanan explored her problems further, completing a colonoscopy, voiding proctogram (an imaging study that is used to diagnose pelvic floor problems), and rectal ultrasound. After these tests were finished, the patient began a treatment regimen of biofeedback therapy. "I was interested in physical therapy because I did not want surgery," she explains.

The biofeedback treatment is performed by a physical therapist who specializes in the pelvic floor.

Biofeedback is a technique which trains people to improve their health by using signals from their own bodies. This particular patient visited the therapist weekly for one month.

During these sessions, the therapist placed electrodes around the rectum and had the patient contract her muscles in different ways. The muscle movements were seen on a computer screen in a graph format. These exercises were then performed at home and assessed at each session. For this woman, results became noticeable after just one month.

The advantages of this type of treatment are many for those who suffer from various colorectal problems. We recommend a full battery of tests, as this patient received, in order to rule out a more serious issue that may require surgery. Once it is determined that biofeedback therapy may help, people can begin to improve

their health fairly quickly without surgery or other methods that are far more expensive and involved.

As the patient explains, "The diagnostic evaluation was not as bad as it sounds." She continues, "I have the reassurance that I do not have cancer or something life-threatening. My symptoms have improved. I do the exercises with my sit-ups!"

If you are suffering from IBS, fecal or urinary incontinence and would like more information on biofeedback therapy, please give us a call at (317) 841-8090 or visit us online at [colonrectalcare.com](http://colonrectalcare.com).

Visit us online:

[www.colonrectalcare.com](http://www.colonrectalcare.com)

## A Closer Look: Pelvic floor, fecal incontinence, & biofeedback

### Pelvic Floor

The pelvic floor muscles are located between your legs, shaped like a sling, and run from your pubic bone at the front to the base of your spine.

According to WebMD, nearly a quarter of all women have a pelvic floor disorder. The three most common are pelvic organ prolapse, and inability to control bladder and bowel movements. These problems increase with age and are more likely if you have given birth or are obese.

### Fecal Incontinence

Fecal incontinence is the inability to control your bowel movements, causing stool (feces) to leak unexpectedly from your rectum. Also called bowel incontinence, fecal incontinence can range from an occasional leakage of stool while passing gas to a complete loss of bowel control.

Treatment for this problem ranges from surgery to increased fiber and water intake and biofeedback therapy.

### Biofeedback

Biofeedback is useful in treating some pelvic floor and colorectal problems. It involves performing certain exercises in order to improve sensation and strength measurement of one's rectum and anus.

For women receiving this therapy for incontinence, biofeedback helps a woman to "see," via waveforms on a computer, the strength of her pelvic floor muscle squeezing, allowing her to chart her progress.

## Worried about holiday stress? *Here's a gift for you.*



Christmas holidays are supposed to be festive and a time of relaxation. Yet for many, this season is the most stressful time of the year. Planning meals, vacations, buying presents, and everything else can wear the mind and body down. As a result, we can suffer from fatigue, infections, depression, anxiety, digestive problems and many other ailments. This Christmas, soothe away the effects of stress with the help of natural remedies.

### Multivitamins

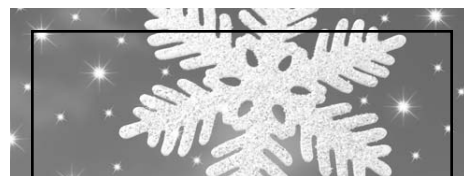
First, start by making sure you have adequate nutritional support. A high-potency multivitamin rich in B vitamins helps supply basic nutrients that retard the effects of stress. Studies also show that regular multivitamin supplementation helps prevent the common cold.

### Calcium And Magnesium

Consider taking 250 milligrams of calcium and 250 mg of magnesium in the morning and evening, as they relax tight muscles and promote relaxation of the nerves. These minerals are especially helpful if you are prone to tight muscles or headaches. As a bonus, magnesium works wonders for energy production. Also, supplementation of these minerals is helpful for many people who experience insomnia as the result of stress.

### St. John's Wort

If you are feeling the "holiday blues" and need a cost-effective natural elevator, I recommend St. John's wort. This versatile herb has also been shown to be effective for anxiety. Take 900 mg of a 0.3 per cent standardized extract daily. To avoid any herb-drug interactions, do not supplement St. John's wort if you are currently taking a pharmaceutical antidepressant. Please consult your health-care provider if you are experiencing suicidal depression.



## Stay healthy this holiday

**1. Stay active:** A lot of holiday weight gain happens because we are inactive. It also gets darker earlier and the cold keeps us in. Keep to your regular schedule.

**2. Maintain your food diary:** If you stick to a routine of writing down what you eat, you will be more cautious when you are at the holiday parties.

**3. Don't try to start a new diet during the holidays:** You are only setting yourself up for defeat. Stay healthy but don't be too restrictive.

**4. Holidays are days:** Enjoy yourself on the particular holiday and then go right back to your normal healthy eating plan. The holidays are days, not weeks, not months, just days.

**5. Eat, drink and be merry!** Live a little but don't overdo it and stay true to yourself and your needs.

## Your Digestive Health

## *Enjoy the season, lose the calories*

### Low Fat Pumpkin Mousse Pie

#### What you'll need:

- 1 reduced-fat graham cracker pie crust
- 2 cups skim milk
- 1 cup canned pumpkin puree
- 1 package (1 ounce size) sugar-free instant vanilla pudding mix
- 1 tablespoon pumpkin pie spice
- 1 container (8 ounce size) fat-free or lite whipped topping, thawed and divided

#### What you do:

1. Combine milk, pumpkin, pudding mix and spice in a mixing bowl.
2. Beat with electric mixer until smooth.
3. Fold in one half of the whipped topping. Spoon evenly into crust.
4. Top with remaining whipped topping.

Freeze or refrigerate at least 2 hours before serving. Serves 6.

