



## Women's Health and Well-Being

### *FOR FURTHER INFORMATION...*

To get more information, ask your gastroenterologist, or contact the

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ST. MICHAEL'S HOSPITAL  
A teaching hospital affiliated with the University of Toronto



### Do you experience.....

- Cramping?
- Abdominal Pain?
- Gas or Bloating?
- Constipation or Diarrhea?

**Help be a part of a study to find ways to alleviate these symptoms**



**FACULTY OF MEDICINE**  
University of Toronto

## CIHR Funded Treatment Study of Functional Bowel Disorders

Functional Bowel Disorders are common disorders, afflicting up to 15% of the population. They can cause abdominal pain, diarrhea, and/or constipation. There are treatments available, yet the ideal treatment is still unknown. We are focusing our study on women since research indicates that 70-90% of those receiving a diagnosis are women.

### What is the Study?

This study offers all participants treatment and follow-up with Cognitive Behavioural Therapy (CBT) and medication, alone or in combination. Our previous research found that both CBT and medication are effective treatment modalities. The purpose of this study is to further determine the most effective regimen to reduce pain, decrease symptoms, and increase quality of life.

### Who is Conducting the Study?

Dr. Brenda Toner is the Principal Investigator and Dr. Nicholas Diamant is the Co-Investigator at the University of Toronto site. They are working with Drs. Drossman and Whitehead and a team of health professionals at the University of North Carolina at Chapel Hill. The investigators are well-published and world renowned in the area of Gastrointestinal Disorders.

### Who Can Participate?

- Women 18-65 years old
- Diagnosed by a physician with: Irritable Bowel Syndrome (IBS), Functional Constipation or Functional Abdominal Pain Syndrome.

### What is Involved?

The study includes a screening visit, a study entry visit, 12 treatment visits and a completion visit. All visits will occur at CAMH and/or UHN. Participants will be monitored through mailings at 3 and 6 months after completing treatment.

- **Screening Visit**, about 45 minutes: You will fill out questionnaires and your eligibility will be determined.

- **Study Visit** ( 2 Weeks Later): You will fill out questionnaires and will have an interview. There is also an optional physiology test for which you will be paid \$100.
- One week later, you will start the **treatment visits** which will be one hour per week for twelve weeks
- At the end of twelve weeks, you will have a **completion visit**. This will include a follow-up physiology test, if applicable; you will be paid \$100 for this physiology test. Your progress will then be monitored by mailings at 3 and 6 months.

### How Will I Benefit?

You may benefit by a reduction of your bowel symptoms and an improvement in your coping abilities and quality of life with these medical conditions. In addition, you will be benefiting society by increasing awareness of the effectiveness of certain treatments for functional bowel disorders.