

Colitoscope should be read by everyone affected by a chronic disease—patients, families, friends and coworkers. It is informative and touching, and best of all, laugh out loud funny. I can't wait to recommend it to friends, family and my patients.

—Ken Loving, MD, AAFP, Family Physician, Medical Director
Access Community Health Centers, Madison, Wisconsin

This book will help a lot of people not feel so alone and shameful. It's like having a conversation with a close, trusting friend.

—Marit Lysne, PsyD, LP, Clinical Psychologist, Carleton College

Colitoscope is an invaluable resource for IBD patients and medical professionals. As a surgeon, I found it a humorous and accessible way to gain a patient's perspective on this disease.

—Kevin Hudenko, MD, FACS, Albuquerque, New Mexico

Colitoscope is a perfect way for Crohn's and colitis patients to share with others the daily challenges of living with inflammatory bowel disease. This is a must-read for every IBD patient and their supporters.

More of an adventure story than an encyclopedia, *Colitoscope* weaves humor with introspection, information with observation. Its tales and insights chronicle many struggles common to IBD sufferers while also covering the symptoms, medications, and procedures, from a uniquely entertaining viewpoint.

Filled with resources for patients and their loved ones:

- Helpful information
- Poignant observations
- Soulful insights
- Handy, practical coping tips
- Hilarious anecdotes

And many adventures, including:

- Developing your porcelain radar
- Bathrooms 101: tips, tricks, and travesties
- Golfing: you can't putt around when you've gotta go
- Dating with the runs—and other aerobic feats
- A passionate plea to bathroom architects from the most experienced users
- Ice fishing for frostbite: taking a #2 at -20 degrees

... and still more!

From the author

I have inflammatory bowel disease (IBD). The frank and funny stories I share here illustrate common difficulties brought on by chronic illness and the coping methods that have helped me manage daily life with the disease.

Here you'll get the straight talk, with all the messy details. And you will laugh, I promise. It's time to set your embarrassment aside and get out your funny bone. — A.T.

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ColitiScope



Andrew Tubesing



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**LIVING WITH CROHN'S DISEASE
AND ULCERATIVE COLITIS
ADVENTURES ■ HUMOR ■ INSIGHTS**