

Living with Crohn's Disease

ColitiScope

and Ulcerative Colitis

Colitiscopes: #1 book on the #2 topic!

Colitiscopes tells an adventure story about life with digestive illness. At times comical, sometimes sad, always insightful, this introspective journey offers an enjoyable way to learn about coping with Crohn's disease and ulcerative colitis (together known as inflammatory bowel disease, or IBD).

Weaving humor with soulful reflection, the tales within this book chronicle the challenges common to sufferers of digestive illness, while also covering the symptoms, medications, and procedures, from a uniquely entertaining viewpoint.

Colitiscopes is the perfect book for patients to share with friends and family to foster understanding of this debilitating and potentially embarrassing disease. Sharp observations, handy tips, and hilarious anecdotes make it a must-read for every IBD patient and their supporters.

A Personal Note from the Author

When I was first diagnosed with ulcerative colitis I gobbled up all of the literature I could find on the topic. Mostly they were medical texts—encyclopedias of the disease, its symptoms, and the medications available. But none of them helped me with the trickier personal parts, like surviving a road trip or sneaking out of the office after crapping my pants. Plus, I had a lot of questions: What is a colonoscopy really like? How do I talk to others about my disease? Who do I tell? How much do I share? And what will happen to my golf game!?

Unfortunately there are few resources that cover these practical issues. So, I wrote the book myself. But this is not a how-to or self-help book as much as an adventure story. And it's a funny one, because laughing keeps my spirits up. The awkward situations I've experienced have helped me learn how to live with IBD, and I hope that by sharing that perspective I can help others find balance as well.

Everybody knows someone who needs Colitiscopes!

Colitiscopes is for everyone affected by Crohn's disease or ulcerative colitis. Patients will identify with the familiar tales and know that they are not alone. Friends and family members will enjoy *Colitiscopes* as a way of seeing inside the life of their afflicted loved one. Doctors, nurses, and other medical professionals will gain a better understanding of their patients' lives. And all will have a laugh.

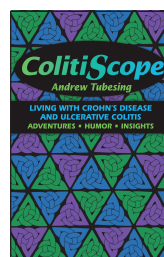
It might be the first and only fun book about IBD. And it reaches beyond digestive disease—many of the struggles are common to anyone affected by chronic illness.

People of all ages will appreciate *Colitiscopes*—teens, adults, seniors—anyone who has confronted “bathroom issues” at some time in their life, which is just about everyone, isn't it?

About the Author

Andrew Tubesing is an educator, artist, and engineer. Diagnosed with inflammatory bowel disease in 2002, he offers an insightful and humorous outlook on the Crohn's and colitis experience.

Splitting time between the New Mexico desert and Minnesota north woods, he lives an active lifestyle despite the struggles of digestive illness. An advocate for IBD research and awareness, Andrew works with the Crohn's and Colitis Foundation of America as a group leader and chapter board member.



Colitiscopes: Living with Crohn's Disease and Ulcerative Colitis

by Andrew Tubesing

\$16.95

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(866) 535-0222

www.colitiscopes.net

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What the professionals are saying

Charming and earnest...an open-hearted and informative reflection on the experience of living with IBD.

— **Jonathan Braun, MD, PhD**
Professor and Chair
Pathology and Laboratory Medicine
UCLA David Geffen School of Medicine

Colitiscope 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

Colitiscope 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, trusted friend.

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

What patients & parents are saying

Where was this book ten years ago when I needed it? When I was a freshman in college, I told my boyfriend that I had ulcerative colitis. Being the sensitive young man he was, he laughed and kept repeating, "Oh my god, you have bloody diarrhea? You have bloody diarrhea?"

I suppose it goes without saying that my feelings were quite bruised. If I had been armed with your book at the time I could have either clobbered him over the head with it or told him to read it and get a clue.

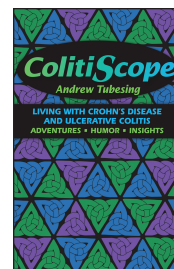
Colitiscope is a practical resource and a self-esteem booster all wrapped into one.

— **Emily Sippola, RN, BAN**
Minneapolis, Minnesota

As a parent, I have watched and experienced my son's struggles with Crohn's disease, but reading your words gives me a better understanding. I can really relate as a loved one.

I think this is a great book that has never been written before and should be on the reading list of everyone with IBD—to realize there is still life after diagnosis. This is very practical, and all ages will find parts they can identify with. It's a quick read with lots of humor and smiles.

— **Carolyn Bloom, PT**
Lawrence, Kansas



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