



AMERICAN COLLEGE OF GASTROENTEROLOGY

6400 Goldsboro Road, Suite 200, Bethesda, Maryland 20817-5842
P: 301-263-9000; F: 301-263-9025; Website: gi.org

FOR IMMEDIATE RELEASE

Contact: Brian Davis

mediaonly@gi.org, 301-263-9000

The February Issue of *The American Journal of Gastroenterology*: The Low FODMAP Diet, Comparing Competing Colonoscopy Preps, and More

BETHESDA, MD (February 8, 2019) – The American College of Gastroenterology (ACG) is pleased to announce publication of the February 2019 issue of *The American Journal of Gastroenterology*.

The role of food and diet in irritable bowel syndrome (IBS) is addressed in several papers in this month's issue, including guidance on what patients need to know about the low FODMAP diet. Two-thirds of those living with IBS report food intolerance, says Kate Scarlata, RDN, a GI dietician and the author of the low FODMAP paper.

"The low FODMAP diet is an evidenced-based nutritional approach for IBS symptom management," Scarlata tells ACG. "This novel diet therapy has been quite validating for IBS patients who have felt diet played a role in their symptom induction but prior science showing this connection was lacking."

GI dieticians help people with IBS distinguish "the hype versus the science" as it relates to nutrition, symptoms and food-related quality of life, says Scarlata, who discusses the benefits of working with GI dieticians in the paper.

What to Look Out For in the February *AJG*?

The following is a selection of the impactful studies featured in this issue. ACG is happy to provide reporters access to additional articles upon request and to facilitate interviews with Scarlata and other authors, as well as Co-Editors-in-Chief Brian E. Lacy, MD, PhD, FACG, and Brennan M. R. Spiegel, MD, MSHS, FACP.

[Access the Table of Contents](#)

- **["Low FODMAP Diet: What Your Patients Need to Know,"](#) Scarlata, Kate, The Red Section.**
- **["Comparing the Real-World Effectiveness of Competing Colonoscopy Preparations: Results of a Prospective Trial,"](#) Gu, *et al.***
- **["Clinical Impact and Safety of Anticoagulants for Portal Vein Thrombosis in Cirrhosis,"](#) Pettinari, *et al.***
- **["Influence of Dietary Restriction on Irritable Bowel Syndrome,"](#) Afrin, Kamal, and Pimentel, Mark.**

About *The American Journal of Gastroenterology*

Published monthly since 1934, *The American Journal of Gastroenterology* (AJG) is the official peer-reviewed journal of the American College of Gastroenterology. The goal of the Journal is to publish scientific papers relevant to the practice of clinical gastroenterology. It features original research, review articles and consensus papers related to new drugs and therapeutic modalities. The AJG Editorial Board encourages submission of original manuscripts, review articles and letters to the editor from members and non-members. AJG is published by Wolters Kluwer. www.amjgastro.com

About the American College of Gastroenterology

Founded in 1932, the American College of Gastroenterology (ACG) is an organization with an international membership of more than 14,000 individuals from 85 countries. The College's vision is to be the pre-eminent professional organization that champions the evolving needs of clinicians in the delivery of high-quality, evidence-based and compassionate health care to gastroenterology patients. The mission of the College is to advance world-class care for patients with gastrointestinal disorders through excellence, innovation and advocacy in the areas of scientific investigation, education, prevention and treatment. www.gi.org. Follow ACG on Twitter [@AmCollegeGastro](https://twitter.com/AmCollegeGastro).