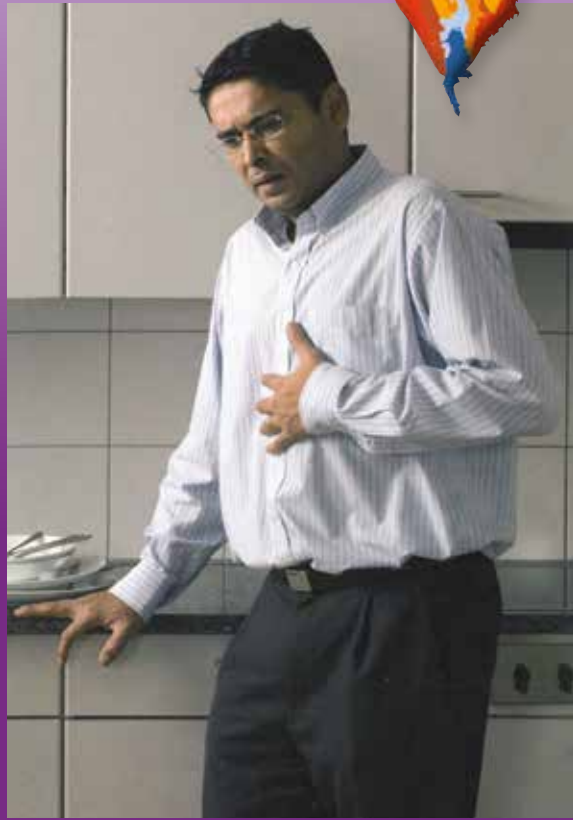


Digestive Disorders

About 95 million Americans are affected by digestive problems which range in severity from mild heartburn, sour stomach, constipation or diarrhea, to the more severe GERD (acid reflux), irritable bowel syndrome (IBS), ulcerative colitis and Crohn's disease, to the potentially life-threatening illnesses such as perforated ulcer and cancer.

Symptoms of Digestive Disorders

- Pain in the abdomen, chest, and/or upper back
- Constipation
- Diarrhea
- Difficulty swallowing
- Loss of appetite
- Nausea and vomiting



Springhill Medical Center Nutrition and Digestive Services

- **Clinical Nutrition Team** - This team is made up of clinical nutrition and patient service specialists, nutritionists, and assistant nutritionists.
- Diet descriptions and "At your Request" room service meal delivery.

SMC uses the most advanced procedures and technology to diagnose the cause of symptoms that occur with digestive tract diseases.

- **Imaging** - using tools such as magnetic resonance imaging (MRI), computed tomography (CT) and x-rays.
- **Endoscopy** - examining the inside of the body using a lighted flexible instrument called an endoscope.
- **Biopsy** - removing a sample of tissue for purposes of diagnosis.



Begin building yours!

Your body is the most important investment of your life.
It's priceless! Begin investing in your future **NOW**.
Live life **HEALTHY**. Live life **WELL**.

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www.springhillmedicalcenter.com



*nutrition and
digestive
wellness*

The Importance of Nutrition

Proper nutrition can have a positive effect on the body and is an important step in achieving and maintaining a healthy lifestyle.

Six Steps to Proper Nutrition

- 1. Don't skip meals** – Skipping meals slows your metabolism. Eating 4-5 small, frequent meals throughout the day speeds up metabolism helping to burn excess fat.
- 2. Water is vital to life** – The Mayo Clinic recommends 13 cups of water per day for men and 9 cups per day for women. Avoid sodas and other sweet drinks which add unwanted, empty calories and cause bloating.
- 3. Eat lean protein** – Protein is an important nutrient for your body. It is the building block for strong muscles and helps drive the metabolic rate. Research has shown that eating lean protein may help reduce LDL (bad cholesterol) and increase HDL (good cholesterol). Good sources of lean protein include dairy products, soy products, meat (lean cuts), fish, and poultry.
- 4. Choose more whole grains** – Fiber is an essential part of healthy nutrition because it helps reduce the risk of diseases such as colon cancer and heart disease. Fiber also makes you feel full while helping to control your blood cholesterol and blood sugar.

Tips for Dining Out

- Plan ahead by eating a light lunch or dinner if you plan on eating out.
- Choose a restaurant that provides healthy alternatives to fatty foods and has a wide range of menu options.
- When ordering look for menu items that include lean proteins and vegetables for side items.
- If the portions are large then put half of the meal in a to-go box before eating the meal.
- Eat slowly and stop when you are full.

Easy Recipe Substitutions for High Calorie Foods

- Vegetable noodles - such as squash and zucchini instead of pasta noodles
- Cauliflower - instead of breads and potatoes
- Applesauce - instead of oil and butter
- Diet Sodas - instead of milk and eggs



- 5. Eat more vegetables and fruits** – Fruits and vegetables are high in vitamins and minerals that are critical for the body. You should consume at least five servings of fruits and vegetables a day.
- 6. Exercise 20 minutes a day, 3 days a week** – Consistent exercise will decrease your risk of diabetes, heart disease, and prolong your life. Some easy ways to work in exercise daily include: taking the stairs, parking farther away, playing with your children.

Best Foods for a Healthy Diet

- Almonds
- Apples
- Blueberries
- Broccoli
- Salmon
- Spinach
- Sweet potatoes
- Vegetable juice
- Whole wheat

