



IFFGD

Working Toward Change





IFFGD

International Foundation for Functional
Gastrointestinal Disorders

Education and Research

Working for Patients

With Physicians, Nurses and
Other Health Professionals

We're Putting it All Together





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Providing Information & Support

Call Center

IFFGD's toll-free phone number and email service put people in touch with a caring, knowledgeable representative that can help them understand their symptoms and sort out treatment options that can seem overwhelming and confusing.

Internet

IFFGD hosts a family of eight websites, providing a credible internet resource. With an excess of questionable and biased information available online, our presence as a trusted provider of healthcare information is more important than ever.

Recent updates allow visitors to view any IFFGD publication online or sign up for membership.

A New look for IFFGD Websites

The screenshot shows the IFFGD website homepage. At the top left is the IFFGD logo, which includes a stylized flower icon and the text "International Foundation for Functional Gastrointestinal Disorders" and "IFFGD". To the right of the logo is a search bar and a "Log In" button. Below the logo is a navigation menu with links for "About IFFGD", "GI Disorders", "Learning Center", "News & Events", "Help Now/Join", and "Contact Us". The main content area features a large photograph of a diverse group of people. Below the photo, there are several sections: "Welcome to IFFGD" with a brief description of the organization; "Read All About It!" with a link to get more information; "Celebrity Support for Research" with a link to a handbag auction; "Why Donate to IFFGD?" with a link to learn more; and "The IFFGD Learning Center" with a link to access helpful information. At the bottom of the page, there is a footer with contact information, including a toll-free phone number (1-800-864-2991), a list of website URLs, and a copyright notice for 2007.

Digestive Health Matters

The IFFGD quarterly journal, *Digestive Health Matters* provides patients with practical information about digestive health. It also interprets new discoveries in basic science and provides perspective for lay audiences. Professionals are updated on current topics that are relevant to their practices, research interests, and patient concerns.



Digestive Health Matters has provided sufferers in 127 countries with accurate, up-to-date healthcare information. Each issue is filled with original content authored specifically for our readers based on their feedback.

Publications Library

With over 150 fact sheets and brochures, persons affected by a functional GI or motility disorder can find a wealth of helpful information. Much of the information in our library was written by thought leaders specifically for IFFGD readers and is not available to laypeople through any other source.

New publications:

Brochures

- Newly updated – Irritable Bowel Syndrome (IBS)
- Easy Read – Bowel Incontinence and Aging
- Easy Read – Changes in Bowel Control at Childbirth
- Bowel Problems Associated with Neurologic Diseases
- Chronic Constipation: From Evaluation to Treatment

Fact Sheets

- Gut Bacteria and Irritable Bowel Syndrome
- Post-infectious Irritable Bowel syndrome
- Dietary Fiber: What is it?
- Managing Diarrhea
- A Guide to Managing the Benefits and Risks of Medicines
- Understanding Pain and Discomfort in Functional GI Disorders
- What is Evidence-based Medicine?
- Health Reporting in the Media: What to Believe?
- Is the Association of IBS with Fibromyalgia and Other Non-gastrointestinal Functional Disorders Important?
- Nutrition Strategies for Managing Diarrhea
- Distal Esophageal Spasm
- Cyclic Vomiting Syndrome in Adults
- Travel Tips to Help IBS Sufferers
- Biofeedback, Incontinence, and the Patient's Perspective
- Mechanisms of Fecal Incontinence
- Unusual Symptoms and GERD
- Achalasia – When Swallowing Becomes a Problem
- Gastroparesis
- Talking to Your Doctor About GERD
- Historical Perspective on the Long-term Safety of Proton Pump Inhibitors (PPI's) for GERD
- Dietary and Nutritional Recommendations for Patients with Gastroparesis
- Dietary and Nutritional Recommendations for Patients with Dumping Syndrome
- Functional Gastrointestinal Disorders – Biopsychosocial Perspectives on Assessment and Treatment
- Gastroesophageal Reflux in Children and Adolescents
- Constipation in Young Children
- Research into Treatment-Resistant Constipation in Children
- Symptoms Arising from Non-Acid Reflux in Children

Advancing Knowledge of Functional and Motility Gastrointestinal Disorders

International Symposium on Functional Gastrointestinal Disorders

IFFGD hosted the 7th International Symposium on Functional Gastrointestinal Disorders on April 12-15, 2007.

This biennial meeting has been described as "an educational jewel," attracting a multidisciplinary international audience of investigators, clinicians, and industry leaders to share information on a wide range of topics from various disciplines that relate to the disorders in adults and children.



The unique meeting provides a full schedule of plenary sessions, mini symposia, and workshops devoted solely to functional GI and motility disorders. Almost 100 noted international experts in the field of functional gastrointestinal disorders presented new and developing knowledge for the benefit of investigators, health care providers, and ultimately patients.

The symposium is jointly sponsored by the University of Wisconsin School of Medicine and Public Health, Office of Continuing Professional Development in Medicine and Public Health and the International Foundation for Functional Gastrointestinal Disorders in cooperation with the Functional Brain-Gut Research Group.

Supporting Research

Research Awards

In April 2007, IFFGD once again presented research awards to active investigators who have a record of research interest in basic mechanisms or clinical aspects of functional gastrointestinal and motility disorders.

The awards are intended to help young investigators get started in their research and to acknowledge more senior investigators for their contributions to the overall knowledge of gastrointestinal disorders.

The individuals selected for awards were recognized at IFFGD's 7th International Symposium for Functional Gastrointestinal Disorders held in Milwaukee, WI. We are honored that Dr. Frank Hamilton, Chief of the Digestive Diseases Programs Branch of National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), was present to offer remarks.

We congratulate the 2007 IFFGD Research Award recipients for their outstanding achievements:

Senior Investigator – Clinical Science

Bruce D. Naliboff, Ph.D.

UCLA Center for Neurovisceral Sciences and Women's Health, Los Angeles, CA

Junior Investigator – Clinical Science

Magnus Simrén, Ph.D.

Sahlgrenska University Hospital, University of Göteborg, Göteborg, Sweden

Junior Investigator – Clinical Science

Brennan M. R. Spiegel, M.D., M.S.H.S.

West Los Angeles VA Medical Center, David Geffen School of Medicine at UCLA, Los Angeles, CA

Junior Investigator – Basic Science

Sylvie Bradesi, Ph.D.

David Geffen School of Medicine at UCLA, Division of Digestive Diseases, Los Angeles, CA

Senior Investigator – Pediatrics

Paul E. Hyman, M.D.

University of Kansas Medical Center, Kansas City, KS

Junior Investigator – Pediatrics

Miranda A.L. van Tilburg, Ph.D.

UNC Center for Functional GI and Motility Disorders, Chapel Hill, NC

2007 IFFGD Research Award Recipients



Pictured top: Frank Hamilton, Nancy Norton, Doug Drossman. Pictured bottom: Magnus Simrén, Sylvie Bradesi, Bruce Naliboff, Paul Hyman, Miranda van Tilburg, Brennan Spiegel.

Congressional Testimony

IFFGD has worked for years to encourage U.S. Congressional funding of functional GI and motility disorders research through the National Institutes of Health (NIH). In 2007, IFFGD once again provided testimony to the House Appropriations Subcommittee on Labor, Health & Human Services, Education and Related Agencies, advocating for increased funding for GI disorders research.



IFFGD provides testimony before the House Appropriations Subcommittee on Labor, Health & Human Services, Education and Related Agencies

IFFGD Congressional Testimony Regarding Fiscal Year 2008 Funding for Functional Gastrointestinal and Motility Disease Research

Summary of Fiscal Year 2008 Recommendations:

- Provide a 6.7% increase for FY 2008 to the National Institutes of Health (NIH) budget. Within NIH, provide proportional increases of 6.7% to the various institutes and centers, specifically, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and the Office of Research on Women's Health (ORWH).

- Accelerate funding for extramural clinical and basic functional gastrointestinal disorders (FGID) and motility disorders research at NIDDK.
- Continue to urge NIDDK to develop a strategic plan on irritable bowel syndrome (IBS) with the purpose of setting research goals, determining improved treatment options for IBS sufferers, and assisting in recruitment of new investigators to conduct IBS research.
- Urge the National Institute of Child Health and Human Development (NICHD) and NIDDK to continue to support research into fecal and urinary incontinence, including the development of a standardization of scales to measure incontinence severity and quality of life and to develop strategies for primary prevention of fecal incontinence associated with childbirth.
- Provide funding to NIDDK and the National Cancer Institute (NCI) for increased research on the causes of esophageal cancer.



William Norton, Vice President, IFFGD

DDNC Public Policy Forum

IFFGD participated in the 17th Annual Public Policy Forum on March 11–12, 2007. The Forum was organized by the Digestive Disease National Coalition (DDNC), the leading public policy advocacy organization in the U.S. capital for persons affected with digestive diseases. IFFGD is a member organization and Nancy Norton is the current Chair of the DDNC.

Participants from around the country were briefed on Federal health care legislation and policy and provided the opportunity to educate Members of Congress on issues of concern to the digestive disease community.



Congressman Albert Wynn, from Maryland received the DDNC 2007 Public Policy Leadership Award, pictured with William and Nancy Norton of IFFGD.

Celebrity Handbag Auction

IFFGD held an online Celebrity Handbag Auction April 18 through May 9, with all proceeds going to support digestive disease research. Over 20 celebrities contributed their personal handbags in support of this IFFGD event.

Celebrity Donors Included:

Dame Julie Andrews, Emmy, Grammy and Academy Award winning actress, singer & author

Sandra Brown, *New York Times* bestselling author

Jenna Fischer, actress, currently on *The Office*

Camille Grammer, model

Mariska Hargitay, Emmy winner currently on *Law & Order*

Samantha Harris, *E! News*, *Dancing with the Stars*

Christie Hefner, Chairman & CEO, Playboy Enterprises Inc.

Ilene Kristen, Emmy-nominated actress on *One Life to Live*

Vicki Lawrence, Emmy-award winning comedienne from *The Carol Burnett Show*

Mavis Leno, political activist

Tina Louise, actress best known as *Gilligan Island's* Ginger

Jacquelyn Mitchard, columnist, best selling author (*The Deep End of the Ocean*)

Deborah Roberts, ABC News correspondent

Sissy Spacek, Academy Award winning actress

Anne Tyler, Pulitzer Prize winning novelist

Donatella Versace, Vice President & Creative Director, The Versace Group

Betty White, Emmy Award winning actress

Joanne Woodward, Academy & Emmy Award winner

The screenshot shows the ET Celebrities website interface. At the top, there's a navigation bar with 'ET CELEBRITIES' and links for 'Celebrity Spotlight', 'Star Sightings', 'Celebrity News', and 'Hot Shots Gallery'. The main heading is 'Buy Celeb Handbags for a Good Cause' dated April 26, 2007. Below this is a featured article with a photo of Mariska Hargitay. The text reads: 'Fashionable celebs like Emmy winner MARISKA HARGITAY, DONATELLA VERSACE, SISSY SPACEK and more are donating their handbags - and you can snatch one up for a good cause!'. It also mentions that other celebs like JENNA FISCHER, BETTY WHITE, JOANNE WOODWARD, and VICKI LAWRENCE have donated. A call to action says 'You can log on to bid on the celebrity items and get more information about IFFGD by clicking here.' There are also links for 'Return to the ETOnline Homepage' and buttons for 'SEND TO A FRIEND' and 'RSS NEWS FEEDS'.

Paving the Way for Change

Raising Awareness

IFFGD works to raise awareness and understanding about digestive disorders and the burden they create for individuals, families, and society.

We intensify our awareness efforts during IBS Awareness Month in April and GERD Awareness Week in November. In support of these events, IFFGD releases educational messages to the media and provides specialized Awareness Kits with informational brochures and fact sheets.

Media Releases

April, 2007

IBS Myths Interfere with Treatment

November, 2006

Keep GERD Out of Your Holiday Celebrations

April, 2006

Nancy Norton Named to National Commission on Digestive Diseases

March, 2006

Nancy Norton one of Five New Members Named to NIH Advisory Committee on Research on Women's Health

Reaching Out to Clinicians

Medical Meetings

IFFGD exhibits at major medical meetings to raise awareness about issues surrounding the diagnosis and treatment of functional GI and motility disorders among clinicians .

Recent Medical Meetings:

American Academy of Family Physicians

American College of Gastroenterology

American Motility Society

American Society of Colon and Rectal Surgeons

Digestive Disease Week

International Symposium on Functional Gastrointestinal Disorders

North American Society for Pediatric Gastroenterology Hepatology, and Nutrition

Society of Urologic Nurses and Associates

A Strong Voice in the GI Community

IFFGD President Appointed to NIH Advisory Committee

Nancy Norton, Founder and President of the International Foundation for Functional Gastrointestinal Disorders was one of five new members appointed to the Advisory Committee on Research on Women's Health (ACRWH) of the National Institutes of Health (NIH).

The ACRWH was established to ensure that research conducted and supported by NIH adequately addresses issues regarding women's health. The committee is composed of up to 18 members who are appointed by the NIH director.

IFFGD President Appointed to the National Commission on Digestive Diseases

Nancy Norton is one of sixteen members appointed to the National Commission on Digestive Diseases.

The Commission will develop a Long-Range Research Plan for Digestive Diseases. As part of the Research Plan, the Commission will assess the state-of-the-science in digestive diseases and the related NIH research portfolio, with a view toward identifying areas of research challenge and opportunity. The Commission's Research Plan will then guide the NIH in pursuing important research avenues to combating digestive diseases.

Partnerships with Professional Groups

American Motility Society (AMS)

We are pleased to have introduced a new column in *Digestive Health Matters* contributed by members of the American Motility Society (AMS). The articles contain practical information for patients affected by gastrointestinal motility disorders, and are accompanied by information from AMS about activities and challenges in the field.

Functional Brain-Gut Research Group (FBG)

IFFGD has long maintained an association with the Functional Brain-Gut Research Group. FBG has been supportive of our physician education efforts, notably the biennial International Symposium on Functional GI Disorders.

Rome Foundation

Nancy Norton is a Committee Member on the *Rome III: The Functional Gastrointestinal Disorders* working team on Gender, Age, Society, Culture, and the Patient's Perspective.

IFFGD in the Media

February 2007	"Gastrointestinal Functional and Motility Disorders: The Patient Perspective"	<i>Practical Gastroenterology</i>
September 29, 2006	"GI Base of Support"	<i>M Magazine</i>
August 23, 2006	"Why should parents make sure they're members of their child's healthcare team?"	<i>AcidReflux Connection.com</i>
July 18, 2006	"Somerset Boy Battling Serious Illness"	<i>Daily American</i>
Spring/Summer 2006	"Gut Feeling"	<i>Woman</i>
April 22, 2006	"Foundation broke the ice for millions with digestive disorders"	<i>Milwaukee Journal Sentinel</i>
April 20, 2006	"Personality Whitefish Bay: Nancy Norton"	<i>North Shore Herald</i>
April 13, 2006	"Since April is Irritable Bowel Syndrome Awareness Month, I want to focus on this common disorder that affects 10 to 20 percent of the general population, or up to 45 million Americans"	<i>Malvern Daily Record</i>
April 6, 2006	Interview for National Public Radio Program	<i>At 10</i>
April 3, 2006	"The Body's Plumbing Problems"	<i>For The Record</i>
March 22, 2006	"Silence Masks Prevalence of Fecal Incontinence"	<i>JAMA</i>
February 22, 2006	JAMA Patient Page, "Irritable Bowel Syndrome"	<i>JAMA</i>
February 20, 2006	"GERD: More Than a Balky Stomach"	<i>Atlanta Journal Constitution</i>
February 2006	"Site Seeing"	<i>Milwaukee Journal Sentinel</i>





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