

Welcome! Thank you for your interest in the BEDD (Behaviors of Eating in Digestive Diseases) Study. My name is Bethany Doerfler and I am a registered, licensed dietitian who has been working with patients suffering from irritable bowel syndrome (IBS) and other functional bowel diseases (FBD) for 10+ years. Patients with IBS or FBD often experience pain, bloating, cramping and constipation or diarrhea. Many of our patients have tried several dietary modifications to help reduce bowel symptoms but have noticed little improvement in symptoms. We are interested to know more about what our patients have tried as well as working on new dietary approaches to treating symptoms. BEDDS is a prospective experimental study that examines typical eating behaviors in patients with functional bowel disease (FBD) and measures the impact of nutrition intervention on bowel symptoms and eating behaviors.

What the study entails:

As a participant in this study, you will be asked to come to the Gastroenterology Clinic where you normally meet with your doctor, located on the 17th floor, Galter Pavilion, Northwestern Memorial Hospital, 251 East Huron St., Chicago, IL. You will participate in 3 sessions total with me, the dietitian. Our first session will take place in person and will last approximately 2 hours. I will ask you questions about your eating habits, ask you to fill out some diet forms and give you an individualized meal plan that may help reduce bowel symptoms. Our second and third session will be done on the telephone at random and will last approximately 30 minutes each. Each session will involve answering questions about what and how you ate and how you are feeling.

If you would like any additional information on this study or what a dietitian can do for you, please feel free to contact me directly at: Bethany-doerfler@northwestern.edu .