

In article <1r6g8fINNe88@ceti.cs.unc.edu>, jge@cs.unc.edu (John Eyles) writes:

- > A friend has what is apparently a fairly minor case of Crohn's
- > disease.
- > But she can't seem to eat certain foods, such as fresh vegetables,
- > without discomfort, and of course she wants to avoid a recurrence.
- > Her question is: are there any nutritionists who specialize in the
- > problems of people with Crohn's disease ?
- > (I saw the suggestion of lipoxigenase inhibitors like tea and turmeric).
- > Thanks in advance,
- > John Eyles

All your friend really has to do is find a Registered Dietician(RD). While most work in hospitals and clinics, many major cities will have RD's who are in "private practice" so to speak. Many physicians will refer their patients with Crohn's disease to RD's for dietary help. If you can get your friend's physician to make a referral, medical insurance should pay for the RD's services just like the services of a physical therapist. The better medical insurance plans will cover this but even if your friend's plan doesn't, it would be well worth the cost to get on a good diet to control the intestinal discomfort and help the intestinal lining heal.

Crohn's disease is an inflammatory disease of the intestinal lining and lipoxigenase inhibitors may help by decreasing leukotriene formation but I'm not aware of tea or turmeric containing lipoxigenase inhibitors. For bad inflammation, steroids are used but for a mild case, the side effects are not worth the small benefit gained by steroid use. Upjohn is developing a new lipoxigenase inhibitor that should greatly help deal with inflammatory diseases but it's not available yet.

Marty B.