

# Health And Well-Being

## Doctors, Patients Have New Non-Prescription Option For Recurring Indigestion

(NAPSA)—Just about everyone gets indigestion from time to time, but if you experience it more than you think you should, you may be glad to know relief can be available.

### The Problem

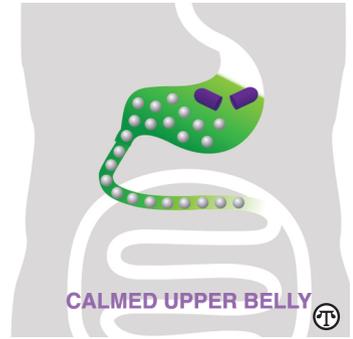
Some people begin to feel full early into eating their meal. This sensation of fullness can be accompanied by upper belly pain, nausea, bloating and belching. The idea of sitting down to a meal, only to experience these symptoms yet again, might make eating uncomfortable. Those who find this relatable may be among the one in six adults in the U.S. who suffer from functional dyspepsia (FD), which has been characterized as persistent or recurring indigestion with no known organic (or identifiable) cause.

FD is a common and often frustrating medical condition. When symptoms occur, digestion and absorption of food nutrients may be disrupted. FD is thought to be a disorder of sensation and movement in the organs of the upper digestive tract, where the normal downward pumping and squeezing are altered. This leads to the hallmark symptoms of upper abdominal pain or discomfort, early fullness with a meal, nausea, belching and bloating.

Given the severity, frequency and persistence of the symptoms, it is easy to see how FD could account for workplace absences and decreased productivity for those managing the condition. An article in *The New England Journal of Medicine* estimates losses due to FD to be in excess of \$18 billion annually\*. Despite this, there have been few management options available to doctors for their patients.

### How Does Someone Know If It's Functional Dyspepsia?

People who have experienced these symptoms for three months or longer should talk to their doctor. Approximately 30 percent of adults suffer from general dyspepsia, such as heartburn, gastroesophageal reflux disease (GERD)



Site Specific Targeting technology can deliver individually triple-coated, targeted-release, solid-state microspheres of caraway oil and l-Menthol quickly and reliably where they are needed most in functional dyspepsia (FD)—the upper belly.

or gas, and about half are estimated to have FD. A doctor can confirm the diagnosis and help decide on a personalized management plan.

### Do You Suffer From Functional Dyspepsia?

FD is characterized by:

- Early fullness when eating
- Upper belly pain or discomfort
- Nausea
- Bloating in the upper belly
- Belching.
- These symptoms typically recur for three months or longer.

### Doctor's Opinion

"Functional dyspepsia can have a profound impact on quality of life," explained Michael S. Epstein, M.D., F.A.C.G., A.G.A.F., a leading gastroenterologist and Chief Medical Advisor for IM HealthScience LLC, innovators of FDgard. "There is published, peer-reviewed clinical research on this disorder and there are published criteria to enable doctors to confidently diagnose functional dyspepsia. In some cases, gastroenterologists may perform certain tests to rule out an organic cause."

### A Non-prescription Solution

There's now a non-prescription medical food that contains caraway oil and l-Menthol, a primary ingredient in peppermint oil,

which has been specially formulated for the dietary management of FD. The combination of caraway oil and peppermint oil has been shown in several clinical studies to be effective in managing the symptoms of FD.

Called FDgard, it uses new, targeted delivery science through the precision of Site Specific Targeting (SST) technology innovated by IM HealthScience. This technology delivers individually triple-coated, targeted-release microspheres of caraway oil and l-Menthol quickly and reliably where they are needed most, in the upper belly. It also provides fiber and protein as an added benefit for FD sufferers.

"Gastroenterologists who have heard of FDgard welcome its arrival and look forward to helping their FD patients with this new option," added Dr. Epstein. "A strong body of science supports this combination product."

### Find Out More

The product should be taken as directed by a physician. The usual adult dose is two capsules, as needed, up to two times a day, not to exceed six capsules per day. While FDgard does not require a prescription, it must be used under medical supervision. It's available in the digestive aisle of most CVS/pharmacy and Walgreens stores. Learn more by visiting [www.FDgard.com](http://www.FDgard.com).

\* Talley NJ, Ford AC. Functional dyspepsia. *New Engl J Med*. 2015;doi:10.1056/NEJMr1501505. FDgard, SST and IM HealthScience are registered trademarks of IM HealthScience LLC