

**Mayo Clinic Medical Edge**

**J-Pouch**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN SYMPTOMS ARE SEVERE, ULCERATIVE COLITIS IS A DISEASE THAT CAN CONTROL YOUR LIFE.
<b>Robert Cima, M.D.</b>	"THEY ARE HAVING 15, 20, 25 BOWEL MOTIONS A DAY."
	NOT TO MENTION PAIN, CRAMPING AND JUST NOT FEELING WELL. MAYO CLINIC DR. ROBERT CIMA SAYS SURGERY CAN HELP SOME PATIENTS REGAIN THAT CONTROL.
<b>Dr. Cima</b>	"THE STANDARD WAS JUST TO REMOVE EVERYTHING... AND LEAVE PATIENTS WITH AN EXTERNAL APPLIANCE THAT YOU

	WEAR AND WHAT PEOPLE CALL 'THE BAG'."
	BUT NOW, IN THE RIGHT PATIENT, DR. CIMA PREFERS A PROCEDURE KNOWN AS THE J-POUCH. BASICALLY, SURGEONS REMOVE THE DISEASED COLON AND RECTUM AND USE THE SMALL INTESTINE TO REBUILD THE BODY'S PLUMBING. NOT ONLY DO THE PAIN AND CRAMPING DISAPPEAR, BUT...
<b>Dr. Cima</b>	"WE NORMALLY SAY YOU WILL HAVE ABOUT 6-8 BOWEL MOTIONS IN A 24 HOURS PERIOD. THAT MAY SOUND LIKE AN AWFUL LOT, BUT SOME OF OUR PATIENTS ARE HAVING 15-20 BOWEL MOTIONS IN A DAY ALREADY SO IT IS A SIGNIFICANT IMPROVEMENT."
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN

	WILLIAMS.
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