

# NEWS OF HEALTH

## Health And Nutrition Magazine Hits Newsstands

(NAPS)—As people take more and more interest in their personal health, it becomes increasingly important to find accurate, up-to-date information that is written in easy-to-understand language, without a lot of medical jargon.

One source of such information is a magazine which provides practical news, nutritional tips and treatment information for the more than 60 million Americans with digestive disorders. Published by the American Gastroenterological Association (AGA), *Digestive Health & Nutrition* is carefully reviewed for comprehensiveness and accuracy by an expert medical advisory board.

The magazine covers such topics as colorectal cancer, chronic heartburn, lactose intolerance, irritable bowel syndrome, ulcers and other common digestive health problems, in addition to providing health and nutrition news, delicious and healthy recipes, celebrity interviews, personal stories of how individuals have coped with their health problems and advice for parents and those trying to lose weight.

Launched in May 1999, *Digestive Health & Nutrition* was originally available only in doctors' offices; it can now be purchased at newsstands or by subscription. In a recent readership survey, 96 percent of readers rated the overall content of the magazine as good or excellent.

"Now, with newsstand distribution, we can reach a growing number of readers, particularly those



**Katie Couric, who lost her husband to colon cancer, talks about the disease in a consumer-friendly magazine devoted to digestive disorders.**

who are not currently seeing a physician for digestive disorders but who will find the information on maintaining an active and healthy lifestyle through good digestive health and proper nutrition to be of tremendous benefit," says Dr. Sidney Cohen, an AGA member, professor of medicine and director of research programs in the Division of Gastroenterology and Hepatology at Thomas Jefferson University Hospital in Philadelphia.

To subscribe to *Digestive Health & Nutrition*, contact the AGA National Office at (877) 346-4968; e-mail [DHN@gastro.org](mailto:DHN@gastro.org) or visit the magazine's Web site at [www.dhn-online.org](http://www.dhn-online.org).