



COLONOSCOPY

GAS & BLOATING

GLUTEN ALLERGIES

PEDIATRIC



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# Beat Bloating



### What is bloating?

Do you think bloating is caused by swallowed air or drinking carbonated beverages? Belching usually easily resolves these sources of gas.

Problematic bloating is from the retention of liquids and solids in the digestive system and the buildup of gas produced by intestinal bacteria. Bloating affects about 30% of the general population and is more common in females than males. The colon is the home of billions of "friendly" bacteria that contribute to overall health. But, these bacteria also digest foods and liquids not completely absorbed. Some intestinal gas is normal. Excessive gas leads to bloating. Some people are very sensitive to gas and feel symptoms at lower levels of gas than other people.

### Do you have problematic bloating?

- Do you feel full even after eating small meals?
- Does your sensation of fullness last long after a meal?
- Do your symptoms worsen as the day progresses?
- Can you see your stomach area distended through your clothes?

### What is causing your bloating?

Many people previously diagnosed with IBS are ultimately found to have one or more of the disorders producing their symptoms.

- [Celiac disease](#) or [gluten allergy](#)
- [SIBQ](#) or bacterial overgrowth syndrome
- [Lactose intolerance](#)
- Other [food intolerances](#)

### Beat Bloating: get tested!

Find the cause. Eliminate the symptoms.

Dr. Angela Merlo is an expert at identifying allergies or intolerances to certain foods that cause excessive gas production and bloating.

[Learn more about testing for food allergies or intolerances >>](#)

If you struggle with chronic bloating or experience a sudden increase in bloating, you should consult a GI doctor to rule out the possibility of a serious digestive disorder. Dr. Angela Merlo of the Digestive Health and Nutrition Center in Lawrenceville and Princeton New Jersey has built her career around GI-related health and wellness. Whether your bloating is a symptom of a serious condition or simply a result of diet, Dr. Merlo can help you identify the cause and curate a treatment plan and/or nutrition plan aimed at eliminating bloating. Contact Dr. Merlo online or by calling (609) 896-0800 to schedule a consultation.

### SCHEDULE A CONSULTATION

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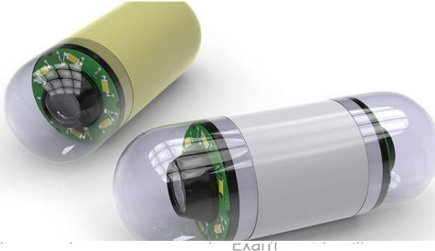
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Home > PillCam > PillCam Colonoscopy Capsule | Swallowable Pill, Non-Invasive Colon Exam

# PillCam Colonoscopy Capsule | Swallowable Pill, Non-Invasive Colon Exam



The PillCam or capsule colonoscopy is a revolutionary new way to perform colon exams. The swallowable capsule encases a small camera that provides your physician with a clear, direct view of the entire colon to detect the occurrence of bleeding or polyps (abnormal growths that can lead to colorectal cancer.)

The PillCam Capsule Colonoscopy is available at the Digestive Health and Nutrition Center, located in Lawrenceville and Princeton, NJ. Dr. Angela Merlo is fully trained and expert at performing this procedure.

### Benefits of the PillCam Colonoscopy Capsule

- FDA approved, safe and effective
- Non-Invasive
- No pain or discomfort
- No sedation, no Anesthesiology fee
- Drive yourself to and from your procedure
- No need to stop critical medications
- Continue normal activities
- Advanced technology detects polyps

### The Importance of Colon Exams

Each year, more than 1.4 million people are diagnosed with colorectal cancer. This distinguishes colorectal cancer as the third most prevalent and the second most deadly cancer worldwide. One of the main reasons for the high mortality rate is an absence of symptoms during the early stages of the cancer's progression.

### The Traditional Colonoscopy

The traditional method for colorectal screening is the notorious colonoscopy. Even though the American Cancer Society recommends adults receive regular colon exams starting at age 45, many candidates skip screening, largely in part to the invasive nature of a traditional colonoscopy.

In preparation for a regular colonoscopy, the patient must fast and take laxatives to cleanse the digestive tract. In many cases, the patient must stop taking certain medications. Before the procedure, the patient will be sedated to help them relax. During the Colonoscopy, the GI doctor inserts a long, flexible tube (called colonoscope) into the rectum and up through the colon to search its lining for polyps or tumors.

### Colon Exams Using the PillCam

The PillCam is a colonoscopy in a capsule. During the procedure, the patient swallows a capsule the size of a multivitamin. Inside the capsule is a state-of-the-art camera that captures images as it naturally passes through the digestive tract.

The swallowable endoscope capsule is revolutionizing the way men and women maintain their digestive health by providing a non-invasive colon exam. While the patient must still cleanse the digestive tract to provide unobstructed views of the colon, the PillCam eliminates many of the unpleasantities of traditional colonoscopies or invasive endoscopies.

### PillCam Capsule Colonoscopy Near Me

With the capsule colonoscopy, colon exams are more convenient than ever. To empower patients to take control of their health and well-being, Dr. Angela Merlo of the Digestive Health and Nutrition Center provides her patients with the latest technologies, such as the PillCam.

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Home > SIBO > SIBO - Small Intestine Bacterial Overgrowth

## SIBO - Small Intestine Bacterial Overgrowth



when the small intestine has too much bacteria. The buildup of bacteria impedes the small intestine's ability to absorb vital nutrients. Excess bacteria in the small intestine occurs when bacteria from the large intestine overflows into the small intestine, or when bacteria within the small intestine over-multiply. SIBO is most likely to occur in women, older-aged individuals, and patients who suffer from other digestive illnesses.

### SIBO SYMPTOMS

SIBO symptoms mimic those associated with other digestive issues and may include bloating, diarrhea, abdominal pain, indigestion, excess gas, unintentional weight loss and fatigue. Furthermore, individuals with SIBO may experience vitamin deficiencies and become malnourished due to the small intestine's inability to properly absorb nutrients from the food it digests.

### WHAT CAUSES BACTERIAL OVERGROWTH?

Numerous factors contribute to the development of SIBO including slow digestion movement, weakened immune system, abnormalities of the digestive tract, and interference with one of the several mechanisms the body employs to regulate bacteria, such as stomach acid and bile, digestive enzymes, mucus lining, and gut motility

SIBO can result from a number of conditions, but it often a complication of other digestive disorders such as Lactose Intolerance, Gastritis, Celiac disease, Diabetes, IBS or Gastric Bypass Surgery.

[Learn more about Bacterial Overgrowth >>](#)

### HOW TO DIAGNOSE SIBO

GI doctors diagnose Small Intestine Bacterial Overgrowth using a Breath Hydrogen Test. Dr. Angela Merlo is an expert GI specialist and performs this test at her Digestive Health & Nutrition Center in New Jersey. This test measures the gases (primarily hydrogen and methane) released by bacteria as it breaks down and metabolizes the carbohydrates in your gut. By identifying the presence and concentration of certain gases, Dr. Merlo will be able to identify the presence and severity of bacterial overgrowth in your small intestine.

[Learn more about Breath Hydrogen Tests >>](#)

### TREATMENT OF SIBO

Your GI specialist will curate a treatment plan aimed to restore the balance of bacteria in your small intestine. This may include dietary changes, supplements and antibiotics. In addition, your doctor will address the underlying causes of your SIBO.

### SIBO DIAGNOSES & SIBO TREATMENT NEAR ME

If you suffer from digestive issues, including stomach pain, indigestion, bloating, diarrhea, or other GI-related symptoms, you may be suffering from Small Intestine Bacterial Overgrowth. The best way to determine the cause of your symptoms and get you started on a treatment plan to restore your digestive health is by scheduling a consultation with Gastroenterologist, Dr. Angela Merlo, MD of The Digestive Health & Nutrition Center, located in Lawrenceville and Princeton, NJ. Dr. Merlo specializes in digestive health and has vast experience working with both adult and child patients to diagnose and treat bacterial overgrowth, as well as other gastrointestinal conditions. Contact Dr. Merlo online by filling out the form below or calling 609-896-0800 to schedule your consultation.

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