



# Microscopic Colitis Newsletter



## What is Microscopic Colitis?

Microscopic colitis is an inflammatory bowel disease (IBD), similar to Crohn's disease and ulcerative colitis (UC). While there are approximately a dozen different forms of the disease that have been described over the years, the most common forms are collagenous colitis (CC) and lymphocytic colitis (LC). The most recently-described form that was discovered only a few years ago is mastocytic enterocolitis (ME). Many gastroenterologists simply refer to any form of the disease as microscopic colitis (MC).

## How MC Differs From Other IBDs

A primary distinction from the other inflammatory bowel diseases is that MC can only be diagnosed by the examination under a microscope, of slides made from biopsy samples taken from the mucosal lining of a patient's colon during a colonoscopy examination.

## The MC Foundation is Born!

*by Wayne Persky, Founder and President of the  
Microscopic Colitis Foundation*

Welcome to issue number 1 of the Microscopic Colitis Newsletter, the official newsletter of the Microscopic Colitis Foundation. For way too long, the various types of microscopic colitis have been relegated to the back of the room at virtually every medical organization where inflammatory bowel disease has been discussed. That is no longer the case. At last we have an organization that is specifically dedicated to better understanding of this group of inflammatory bowel syndromes. The Foundation will surely face many challenges, but with your support, those challenges will be viewed as opportunities to change the future.

The Microscopic Colitis Foundation seeks to increase public awareness of the disease, and to provide helpful information for patients, caregivers, and medical professionals. The foundation provides information on

## Rx

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Officially-recognized medical treatment methods for microscopic colitis are currently very limited, and they offer only temporary relief from clinical symptoms. Many patients suffer needlessly, and are never able to resolve their debilitating symptoms.

Currently, there are no FDA-approved drugs labeled to treat MC. Doctors who wish to treat the disease with medications can only prescribe drugs labeled to treat other diseases, for off-label use.

## Are Food Sensitivities the Culprit?

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Epidemiological evidence, based on the experiences of many patients who have shared their experiences on an Internet discussion board, indicates that in most cases, the proliferation of the inflammation associated with the disease is due to food sensitivities that develop when the disease is triggered. Over the years, many patients have been able to achieve lasting, stable remission by removing certain foods from their diet. But until the effectiveness of any treatment method is demonstrated by approved medical research methods, and published in a respected, peer-reviewed medical journal, most mainstream medical professionals will not endorse a treatment program based on using such methods.

conventional medically-accepted treatment methods, plus additional information on alternative treatment methods that have been demonstrated to be effective by epidemiological evidence derived from the experience of hundreds of MC patients.

An important goal of the foundation is to promote and support research that will benefit MC patients and their caregivers, by using approved medical research methods to demonstrate the effectiveness of alternative treatment methods, including those based on diet changes that avoid certain inflammatory foods. As additional research data become available, additional treatment options will surely be developed.

While the Microscopic Colitis Foundation specifically focuses on understanding and treating MC, the experiences of many patients diagnosed with other types of inflammatory bowel disease show that many of the alternative treatment methods used to treat MC can be successfully used to treat patients who have other types of IBD.

Because the Microscopic Colitis Foundation is a public charity, rather than a medical organization, the organization sees its primary goals as promoting awareness, providing information, inspiring innovative research, and seeking the support of organizations within the medical industry and elsewhere that can help to accomplish these goals.

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## Microscopic Colitis Links

### [The Microscopic Colitis Foundation](#)

### [The Microscopic Colitis Forum \(Information\)](#)

### [The Microscopic Colitis Forum \(discussion\)](#)

## Soy Free Alternatives

If one reads food labels, it becomes apparent that soy is a component in just about everything that is manufactured in the USA.

Even something so seemingly harmless as fresh ground horseradish will usually include soybean oil. An Internet search will list the few brands such as Boar's Head that do not contain soybean oil.

Coconut Aminos (available online and at some health food stores) does not include soy. It works as a decent soy sauce substitution. It is, however, slightly sweeter than regular soy sauce. Make sure to not confuse it with regular Aminos which often includes soy.

Soy-free Vegemaise (Earth Island) is a great substitution for mayonnaise. It tastes as good as mayo, and it is also gluten, dairy, and egg free. It is available in the produce department at grocery stores. (it has to be refrigerated)

Earth Balance soy free buttery spread (GFA Brands, Inc) works great when a plain vegetable needs a buttery taste. It is available in the dairy department of most grocery stores.

A special thanks to Snapea Crisps (Calbee North America, LLC) for eliminating soy bean oil in their ingredients.

What are your favorite soy free ideas? Please email yours to [newsletter@microscopiccolitisfoundation.org](mailto:newsletter@microscopiccolitisfoundation.org)

## Microscopic Colitis Social Media Sites

[Facebook](#)

[Pinterest](#)

## Welcome

*by Deb Curlette, Secretary of the*

*Microscopic Colitis Foundation*

Greetings to all of you!

I am so grateful to Wayne Persky and to forum friends for the tremendous amount of knowledge and support you graciously provide to those of us diagnosed with Microscopic Colitis.

When we established this Foundation, I wanted to “pay it forward” so I volunteered. My background is in marketing and journalism, and I currently serve in the capacity of Board Secretary. I was asked to produce a newsletter and this first issue is a sample of what we hope to provide to you in the future.

We welcome your suggestions for future issues. You are also invited to submit material for publication.

## Budesonide EC (generic for Entocort EC) As a Treatment for Microscopic Colitis

I have had MC as well as a number of other auto

## Favorite Seasonings

We all know the health benefits of adding frozen and fresh cooked vegetables to our diets. However, sometimes they taste too bland. Here are two ideas:

**Trocomare**, (manufactured by Bioforce Production) This seasoning is a blend of sea salt, celery, leek, cress, onion, chives, parsley, lovage, red pepper, garlic, horseradish, beet, marjoram, rosemary, thyme, kelp-all certified organic. Trocomare seasoning has no MSG and it is gluten free. It is available at health food stores, some Costco branches, and online.

**Real Salt Nature's First Sea Salt** (Redmond Trading Company). This is a flecked beige colored form of salt. The taste is superior to regular salt and it has trace minerals including iodine. It is similar to Himalayan Salt, but it is mined in Utah at a much more affordable price. It is available at health food stores and online. Please share your favorite seasonings.

immune disorders throughout the 63 years of my life. I was officially diagnosed seven years ago, and re-diagnosed last year. Once re-diagnosed, I ordered the Enterolab tests and completed the six month Budesonide treatment plan. Every food sensitivity was eliminated. We now cook from scratch and rarely eat away from home. This has evolved into an enjoyable yet challenging new lifestyle which lasted eight months.

Then WHAM, last month I added some supplements without carefully reading the ingredients. Even though I stopped taking them, I was unable to return to remission. I am back on the six month Budesonide plan, and the Gastroenterologist has cautioned that I might need to take low dosage Budesonide for the rest of my life.

### Web Sites that discuss Budesonide for MC:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1774966/>

<http://emedicine.medscape.com/article/180664-treatment>

<http://gut.bmj.com/content/early/2014/11/25/gutjnl-2014-308363.full>

<http://www.hindawi.com/journals/isrn/2013/352718/>

<http://www.annalsgastro.gr/index.php/annalsgastro/article/view/1011/737>

<http://www.gastrojournal.org/article/S0016-5085%2808%2901457-1/abstract>

<http://www.uptodate.com/contents/lymphocytic-and-collagenous-colitis-microscopic-colitis-clinical->

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3003217/>

## Thanks for Reading!

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