



OUR VISION

- To facilitate and conduct research to determine the cause, alternative treatment measures, and the cure of DIGITS
- To continue to identify methods and strategies to improve the lives of individuals with DIGITS
- To establish a community of individuals with DIGITS to share their stories, listen, and grow from one another
- To increase support and awareness for individuals with DIGITS in both the medical and public community
- To engage and promote fundraising events in the communities of individuals with DIGITS

WHO WE ARE



Living with DIGITS has been difficult. Over the past years I've had numerous operations, with the continued hope of making my life better. I believe with research, we will end our suffering with DIGITS. Music always makes me smile bringing beauty to my life. I love to write and sing my own songs.

Melissa



I'm presently pursuing a career in publishing (despite being diagnosed with DIGITS). I hope my professional pursuits and career will contend with the psychological aspects of living with a chronic illness, as well as allow me to have lots of excitement and fun! Until then, I greatly value the unending support of my family and friends.

Elizabeth



I hope to be able to use my experiences and health struggles with DIGITS to inspire and help others overcome their obstacles. My life dream is to have my own personal training and nutrition business. I enjoy learning, reading, music and time with my family, friends and my dogs.

Mandy



I hope to help the lives of those with chronic illness in both my personal and professional endeavors. Embracing alternative cooking and healing are passions of mine to cope with DIGITS. Time with my family are my most treasured moments.

Taunya

For additional DIGITS information
please visit our website @
www.digitsyndrome.ca

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DIGITS

DIFFUSE

IRRITABLE

GASTRO

INTESTINAL

TRACT

SYNDROME



UPCOMING FUNDRAISING EVENTS
PLEASE JOIN US FOR
OUR 2ND GALA

"SWING INTO SPRING"
SATURDAY, MARCH 2ND, 2013

For tickets, sponsorship, or donation
information please contact:

Nelly—nellywideman@rogers.com
Laurie—lauriem@rogers.com

www.digitsyndrome.ca

Information about how you can support DIGITS research

Online:

Our website offers donors the opportunity to donate with secure online transactions @ www.digitsyndrome.ca and click on **Donating to DIGITS**

By Mail or In Person:

Please make cheques payable to:
**London Health Sciences Foundation:
DIGITS PROGRAM**
747 Baseline Road East
London, ON
N6C 2R6
Canada

Motility disorders of the intestines (bowel) are diseases in which the intestinal muscle or nerves controlling the intestinal muscle do not work properly. The contents of the intestine (food or stool) cannot be moved along the intestinal channel, so the bowel is effectively blocked even though there is no physical kink or twist.

Irritable bowel syndrome (IBS) which affects at least 2 million Canadians, and causes abdominal cramps and alternately constipation and diarrhea, is very likely a form of motility disorder. We believe that diffuse irritable gastrointestinal tract syndrome (DIGITS) may be an advanced form of irritable bowel syndrome that can affect the bowel much more intensely and at several different locations in the body. Therefore, DIGITS also affects the normal “squeeze and push” of the intestine but in DIGITS, the “squeeze and push” may be over-working. In our experience at London Health Sciences Centre, by observing a group of patients who have these signs and symptoms which are listed later in this pamphlet, we believe that the condition of DIGITS is actually a real disease, and is not “imaginary” or “in your head” as many patients have been told in the past. However, the actual cause of the condition remains unknown.

SYMPTOMS OF DIGITS

DIGITS primarily effects young women.

Their symptoms can include:

- Infrequent bowel movement (every 2-4 weeks and only with the use of major laxatives)
- Constipation alternating with diarrhea
- The disorder can progress to include symptoms in the esophagus, stomach, small bowel, urinary bladder.
- DIGITS can affect the esophagus by causing chest pain and difficulty swallowing
- The stomach is impacted by symptoms that include nausea, vomiting, epigastric pain, and early fullness after meals
- The small bowel disease causes vomiting, pain, and extremes of output especially in the instances when an ostomy is present
- The colon symptoms are severe cramps, constipation, and diarrhea
- The bladder symptoms include frequency, urgency, and retention

EFFECTS OF DIGITS

- Malnutrition
- Dehydration
- Narcotic dependence
- Personality disorders
- Multiple consultations within the medical community
- Multiple surgical procedures
- Multiple herbal/homeopathic remedies

TREATMENT OF DIGITS

- Diagnosis
- Hydration
- Nutrition
- Medication
- Counseling
- Selective surgery
- Pain management

Name

Address

City

Province

Postal Code

Phone No.

Email

Please include this form with your mailed or in person donation

* Tax Receipts will be issued to any donation exceeding \$20.00

Would you like to remain an anonymous donor?

No

Yes



OUR MISSION

We are committed to discovering the cause and cure of DIGITS and providing individuals with DIGITS and their families with knowledge, support, and care.

THANK YOU FOR SUPPORTING DIGITS