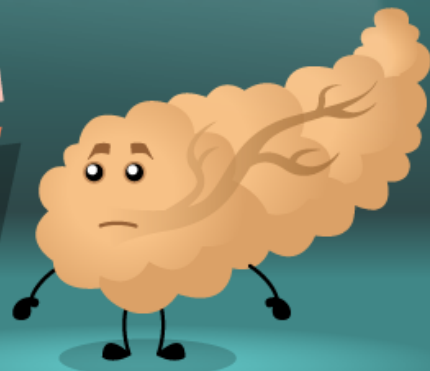


WHAT IS

PANCREATIC

ENZYME

INSUFFICIENCY?



A “normal” pancreas releases digestive enzymes when you eat to help you digest your food and absorb its nutrients. Some people have a condition in which their pancreas doesn’t produce enough of these digestive enzymes. This is called Pancreatic Enzyme Insufficiency, also referred to as PEI or EPI. If you have PEI, it can affect your quality of life, and if left untreated, can result in poor absorption of nutrients, leading eventually to malnutrition.

PEI can develop as a result of a number of conditions and issues, including chronic pancreatitis, pancreatic cancer and cystic fibrosis. It can also develop after

cancer and cystic fibrosis. It can also develop after surgery to your stomach, intestines, or pancreas.

**If you have PEI, you might experience symptoms such as:**

- Abdominal discomfort and pain
- Gas and bloating
- Diarrhea
- Steatorrhea (greasy, foul smelling, floating stools)
- Flatulence and
- Unexplained Weight loss



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# New Year, *New you!*

**Check out this education presentation and learn how you can keep your health goals this year!**

**Keys to Good Digestive Health:**

- Adequate and balanced intake of carbohydrates, protein, fat and fluid

- Be aware of foods that upset your stomach

- **Be aware of foods that upset your stomach**
  - Common triggers: alcohol, caffeine, high fat foods, spicy foods\* (can vary for every one of us - consult your physician, Registered Dietician)
  - Tips: limit intake of swallowed air from drinking straws, chewing gum, eating quickly and eating while stressed

- **Type and source of carbohydrate matters**

- **Simple sugars**

- aim to limit Complex carbohydrates
- fruits and vegetables, whole grains

- **Fibre from a variety of sources**

- Adequate intake
- Different types

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**MAKE GAS**

**A THING OF THE**

**PAST!**

Reduce Flatulence  
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