



## Be confident when it comes to making decisions about a digestive issue

Digestive issues affect the gastrointestinal tract, including the bowels and colon, often causing intense discomfort. If you are concerned about an existing condition, our leading experts can provide the answers and assurance you need to make informed medical decisions.

### Ways to reduce digestive issues:

- Exercise—helps stimulate digestive muscles
- Increase fibre intake—eat spinach, apples and whole wheat
- Massages—regular massaging can reduce your pain



More than

**20 million**

Canadians suffer from digestive disorders<sup>1</sup>

NO ADDITIONAL COSTS | CONFIDENTIAL AND SECURE | VIRTUAL SERVICE—NO TRAVELLING NECESSARY

## Let expert medical minds ease yours

Teladoc Medical Experts can help you get the right diagnosis, treatment and peace of mind for any kind of digestive issue you may be facing, such as colon cancer, irritable bowel syndrome, acid reflux and much more.

### Use Teladoc Medical Experts when you:

- Need a leading expert gastroenterologist to review your case
- Would like a recommendation for treatment by a specialist in or outside of Canada
- Want answers to questions about surgery, treatment and medication options

<sup>1</sup><https://cdhf.ca/digestive-disorders/>

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**We can help you with any kind of medical issue or concern and guide you in the right direction to make the best possible medical decisions with confidence so you can get back to good health.**

**We're here to help.  
Contact us today.**

Call 1-877-419-2378