

Name: Freddy Squela

Position: Gastroenterologist, Chief of Motility Lab at Indisa Clinic, Secretary of Chilean Association of Neurogastroenterology

Institution: Universidad Andres Bello

Country/ City: Chile, Santiago

Date: July 2015

Almost 10 years of Medical Mentorship

Almost 10 years ago I made my first visit to Chapel Hill, North Carolina accompanied at that time by my wife and one daughter (we now have two daughters). In 2009, I had a second visit to UNC, alone this time. The second visit has been as exciting as the first one. I have learned about new therapeutic tools for complex IBS patients and new techniques for the examination of functional patients. These new techniques include: high resolution esophageal and anorectal manometry, as well as bravo and impedance ph studies. One of the most important objectives of my second visit was learning about biofeedback therapy. I have had the chance to observe a number of biofeedback sessions with Dr. Steve Heymen. I was also lucky enough to attend the Fellows Conference at UNC, led by Dr. Drossman, that discussed non-verbal tools for communication with the patients.

At the Pan-American Congress of Gastroenterology 2014, in Argentina, I met Dr. Drossman. I expressed to him my interest to visit his new Center for Functional GI Disorders, Drossman Center. Fortunately, we were able to immediately begin organizing the visit. On my third visit, I came with my wife and my two daughters. I met the staff at UNC, where I had the opportunity to show my own expertise on biofeedback, and also learn new protocols to update our own.

I spent much time at Dr. Drossman's clinic, Drossman Center, a place where patients receive one of the best around the world treatments for functional Gastrointestinal disorders. Drossman Center provides an amazing physician-patient relationship and many published works to help educate patients and better their understanding.

Back in my country I have implemented all of the strategies I learned at Drossman Center. This has improved the care of our patients. One takeaway from all of my experience is that there are no cultural frontiers to integrate this wonderful care everywhere.

Finally I want to express all my gratitude to Ceciel Rooker who made the stay for me and my family absolutely pleasing.

Freddy Squella Boerr

Gastroenterologist

Chief of Motilty Lab at Indisa Clinic

Secretary of Chilean Association of Neurogastroenterology

Member of AGA and ANMS