



FOR IMMEDIATE RELEASE

Media Contact:

Pallavi Sharma

(888) 267-4474

media@gastrogirl.com

Gastro Girl Unveils 'Ask Gastro Girl': The AI-Powered App Redefining Access to Digestive Health Support

Built on Gastro Girl's trusted, evidence-based knowledge base and powered by cutting-edge AI, the app delivers personalized tools to help patients take charge of their digestive health

January 15, 2025 (Dover, DE) Gastro Girl, Inc., a trusted leader in digestive health education and patient empowerment, proudly announces the launch of the **Ask Gastro Girl App**. This innovative, AI-powered digestive health coach is designed to deliver trusted, evidence-based guidance, empowering patients to better understand and manage their digestive health.

Amid today's overwhelming sea of health information, the Ask Gastro Girl App stands out by combining cutting-edge artificial intelligence with the trusted expertise of Gastro Girl's extensive knowledge base—built on insights from top GI clinicians, the latest research, and evidence-based clinical guidelines. The app provides patients with reliable answers to their questions, personalized tools for health tracking, meal planning, and practical wellness tips, all tailored to their unique needs.



“Since creating **Gastro Girl** in 2006, I've seen the overwhelming challenges patients face in their digestive health journeys,” says Jacqueline Gaulin, Founder, Chief Patient Advocate, and Chief Strategy Officer, **Gastro Girl, Inc.** “Our team launched the Ask Gastro Girl AI-powered App to help people get digestive support any time they need it. We've heard countless stories of delayed diagnoses, frustrated searches for answers, and the confusion caused by quick-fix solutions that only add to their distress. “Our hope is that no one ever feels lost or misled on this journey, whether they've sought care or are just beginning to take their first steps. Many patients turn to the internet or social media, only to encounter misinformation that worsens their sense of uncertainty. Others, facing long wait times or fear of seeking care, feel stuck and unsupported. With the Ask Gastro Girl App, patients get the reliable guidance they need and are no longer left to navigate this difficult journey alone.”

Digestive challenges are often made worse by a healthcare system that doesn't allow providers the time to offer the necessary support or address the daily concerns many patients have as they manage their GI symptoms.

"As a healthcare provider, it's not always possible to offer the daily support many digestive health patients need," said Daniel J. Pambianco, MD, FACP, a gastroenterologist with Gastro Health in Charlottesville, VA, and former president of the American College of Gastroenterology. "Limited appointment time makes it challenging to provide clear, evidence-based guidance that helps patients fully understand their conditions and treatment options. The **Ask Gastro Girl App** serves as a vital triage tool, offering immediate, reliable support, which boosts patient confidence and enables more focused, productive discussions with healthcare providers, ultimately improving outcomes and care."

By combining the power of AI with trusted, evidence-based expertise, the app complements, rather than replaces, the care patients receive from their providers.

Addressing Critical Challenges in Digestive Health

Key Features of the Ask Gastro Girl App

- **Evidence-Based:** Combats misinformation by providing reliable, science-backed answers through Gastro Girl's proprietary knowledge base, incorporating educational insights from top GI clinicians, the latest research, and clinical guidelines.
- **Expert Guidance:** Delivers information to help patients better understand their symptoms and access expert-driven resources, offering practical steps such as when to seek care or consider a screening colonoscopy.
- **Personalized Support:** Assists patients at every stage of their digestive health journey with tools for health tracking, meal planning, and practical lifestyle tips. Whether managing a diagnosis, addressing symptoms, or focusing on overall wellness, these resources empower individuals to take proactive steps.
- **24/7 AI-Powered Coach:** Combines advanced technology with trusted, evidence-based insights to provide reliable answers to common questions. Supporting patients with timely and accurate information, the AI-powered coach complements care from healthcare professionals by addressing routine inquiries, allowing providers to focus on delivering personalized care and managing complex patient needs.
- **Transparent and Secure AI:** Designed with privacy and accountability at its core, the app is both HIPAA- and SOC 2-compliant, ensuring the highest standards of patient data security and trust. Every interaction is powered by responsible, evidence-backed algorithms to deliver personalized guidance while safeguarding user privacy.

Now Available

The **Ask Gastro Girl App** is available for download on [App Store](#) and [Google Play](#). For more information, visit [Ask Gastro Girl](#).

***Note:** This app is intended for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Patients should consult a qualified healthcare professional for personalized medical guidance.*

About Gastro Girl, Inc.

Gastro Girl, Inc. is a trusted leader in digestive health education and patient empowerment. The company's roots trace back to 2006, when Jacqueline Gaulin, a former healthcare journalist and advocate, created the Gastro Girl persona and blog to provide a voice for individuals struggling with digestive health issues. What began as a blog for sharing credible, evidence-based information has since evolved into a dynamic company founded in 2015, dedicated to bridging the gap between patients and the care they deserve.

As the official patient education partner of the American College of Gastroenterology (ACG) since 2016, Gastro Girl collaborates with leading gastroenterologists and top industry organizations to deliver trusted, actionable guidance on a wide range of digestive health conditions. With over 2 million views and 35,000 subscribers on [YouTube](#) and a fast growing [podcast](#) audience, Gastro Girl is a recognized and respected resource in the digestive health space.

Today, Gastro Girl is dedicated to empowering individuals to confidently navigate their digestive health journey, fostering informed participation in their healthcare and collaborative decision-making with their care team. Through innovative tools like the revolutionary Ask Gastro Girl App, strategic partnerships, and engaging patient-centered content, Gastro Girl is transforming the way people access and understand digestive health care.

For more information, visit gastrogirl.com

###