

IRRITABLE BOWEL SYNDROME (IBS)

Taking Control of IBS

There are an estimated nine to twenty-three percentage of people in the world and fifteen percent in the United States suffering with Irritable Bowel Syndrome (IBS). However, only few individuals within this population seek medical care.

The following guide is intended to help educate patients on what Irritable Bowel Syndrome (IBS) is what some symptoms are and tips in managing the disorder.

01 | What is IBS

Irritable Bowel Syndrome (IBS) is a common long-term gastrointestinal disorder affecting the large and small intestines; causing the gut to function improperly. IBS can either slow the bowel movement process or create abdominal and gut spasms.

02 | Symptoms

IBS symptoms can affect each individual differently based on a number of variables such as diet, demographic, etc. The following lists of symptoms are common signs of IBS:

- Abdominal pain
- Cramping
- A change in bowel movements
 - the look
 - frequency
- Bloating
- Whitish mucus in your stool

03 | Tips to Manage the Discomfort

By implementing a few lifestyle changes and being aware of things that may trigger the discomfort, a patient can control the effects it has on the body. The following are a few tips on how to decrease the symptoms of IBS:

- frequency. Managing stress in one's life can help by using alternative tactics, such as counseling.
- **Manage illnesses** - Managing any pre-existing illnesses – such as gastroenteritis or bacteria growth in the colon will help to decrease and/or eliminate other causes that may exacerbate symptoms or triggers.
- **Alter Your Diet** - changing your diet can help you manage the side effects of the disorder. Triggers vary from case-to-case; however knowing what foods negatively affect the gut can help you avoid IBS.
- **Exercise** - exercising can promote a healthy digestive lifestyle as it helps to relieve stress, which is an IBS trigger, and help in managing other various symptoms.

IBS is a manageable illness, work with your medical provider to establish a plan of action. For additional resources on Irritable Bowel Syndrome visit:

<http://www.aboutibs.org/site/what-is-ibs/intro-to-ibs/>

References

<http://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/basics/definition/con-20024578>

<http://www.medicinenet.com/script/main/art.asp?articlekey=4051>

<http://www.healthywomen.org/content/article/10-tips-coping-ibs-symptoms>

- **Manage stress** - Being aware of what is causing stress. Stress does not cause IBS, however it can contribute by worsening the discomfort and/or