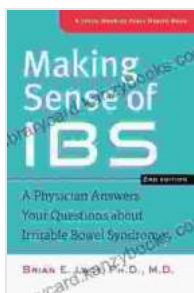


Physician Answers Your Questions About Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Symptoms of IBS can include abdominal pain, cramping, bloating, gas, and diarrhea or constipation. There is no cure for IBS, but there are treatments that can help to relieve symptoms.



Making Sense of IBS: A Physician Answers Your Questions about Irritable Bowel Syndrome (A Johns Hopkins Press Health Book) by Brian E. Lacy

★★★★☆ 4.7 out of 5

Language : English
File size : 2676 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 394 pages



What is irritable bowel syndrome?

IBS is a functional disorder of the large intestine. This means that there is no structural damage to the intestine, but the muscles and nerves of the intestine do not function properly. This can lead to a variety of symptoms, including:

- Abdominal pain

- Cramping
- Bloating
- Gas
- Diarrhea
- Constipation

What causes irritable bowel syndrome?

The exact cause of IBS is unknown. However, there are a number of factors that are thought to contribute to the development of the disorder, including:

- Genetics
- Stress
- Diet
- Hormonal changes
- Bacterial overgrowth

How is irritable bowel syndrome diagnosed?

There is no single test that can diagnose IBS. Your doctor will likely diagnose you with IBS based on your symptoms and a physical exam. Your doctor may also order some tests to rule out other conditions, such as:

- Blood tests
- Stool tests

- Colonoscopy

How is irritable bowel syndrome treated?

There is no cure for IBS, but there are treatments that can help to relieve symptoms. These treatments may include:

- Diet changes
- Stress management
- Medication

Diet changes

There is no one-size-fits-all diet for IBS. However, there are some general dietary changes that may help to relieve symptoms, such as:

- Eating a high-fiber diet
- Avoiding trigger foods
- Keeping a food journal

Stress management

Stress can trigger IBS symptoms. Learning how to manage stress can help to reduce symptoms. Some stress management techniques that may be helpful for IBS include:

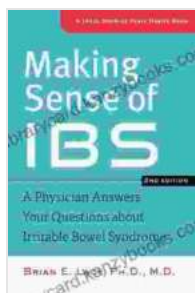
- Yoga
- Meditation
- Deep breathing exercises

Medication

There are a number of medications that can be used to treat IBS symptoms. These medications include:

- Antispasmodics
- Antidiarrheals
- Laxatives
- Antidepressants

IBS is a common disorder that can affect your quality of life. However, there are treatments that can help to relieve symptoms. If you think you may have IBS, talk to your doctor to get a diagnosis and start treatment.



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