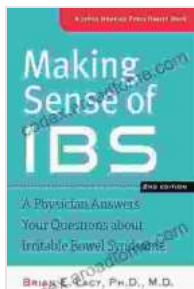


Physician Answers Your Questions About Irritable Bowel Syndrome: Johns Hopkins

What is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). It causes abdominal pain, cramping, bloating, gas, and changes in bowel habits.



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



IBS is not a serious condition, but it can be uncomfortable and interfere with daily life. There is no cure for IBS, but symptoms can be managed with medication, diet, and lifestyle changes.

What are the symptoms of IBS?

The most common symptoms of IBS include:

- Abdominal pain and cramping

- Bloating
- Gas
- Changes in bowel habits (constipation, diarrhea, or both)
- Other symptoms, such as fatigue, anxiety, and headaches

What causes IBS?

The exact cause of IBS is unknown, but it is thought to be related to a combination of factors, including:

- **Gut-brain interaction:** The gut and brain are closely connected, and stress and other psychological factors can trigger IBS symptoms.
- **Food intolerances:** Some people with IBS are sensitive to certain foods, such as FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols).
- **Bacterial overgrowth:** An overgrowth of bacteria in the small intestine can lead to IBS symptoms.
- **Other factors:** Other factors that may contribute to IBS include genetics, hormones, and certain medical conditions.

How is IBS diagnosed?

IBS is diagnosed based on your symptoms and a physical examination. Your doctor may also use various tests to rule out other conditions, such as inflammatory bowel disease (IBD) or celiac disease.

How is IBS treated?

There is no cure for IBS, but symptoms can be managed with medication, diet, and lifestyle changes.

Medication

There are a number of different medications that can be used to treat IBS, including:

- **Antispasmodics:** These medications relax the muscles in the intestines, which can help relieve pain and cramping.
- **Laxatives:** These medications can help relieve constipation.
- **Antidiarrheal medications:** These medications can help stop diarrhea.
- **Antidepressants:** These medications can help reduce anxiety and depression, which can trigger IBS symptoms.

Diet

Diet can play a significant role in managing IBS symptoms. Some people find that certain foods trigger their symptoms, while others find that certain foods help relieve their symptoms.

There is no one-size-fits-all diet for IBS, but there are some general tips that may help:

- **Eat a healthy diet:** Eat plenty of fruits, vegetables, and whole grains.
- **Avoid trigger foods:** Keep a food diary to identify foods that trigger your symptoms and avoid them.
- **Eat small meals:** Eating small meals more frequently can help reduce bloating and gas.

- **Drink plenty of fluids:** Staying hydrated can help prevent constipation.

Lifestyle changes

Lifestyle changes can also help manage IBS symptoms. Some helpful tips include:

- **Get regular exercise:** Exercise can help reduce stress and improve digestion.
- **Manage stress:** Stress can trigger IBS symptoms. Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.
- **Get enough sleep:** Sleep deprivation can worsen IBS symptoms. Aim for 7-8 hours of sleep per night.

Living with IBS

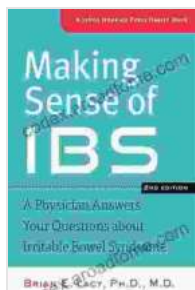
IBS is a chronic condition, but it can be managed with medication, diet, and lifestyle changes. With the right treatment, most people with IBS can live full and active lives.

If you think you may have IBS, talk to your doctor. They can help you diagnose and treat your condition.

Additional resources

- Johns Hopkins Irritable Bowel Syndrome Center
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

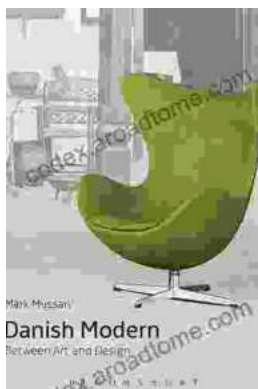
- Crohn's and Colitis UK



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



Unveiling the Timeless Allure of Danish Modern: Where Art Meets Design

Danish Modern: A Fusion of Art and Function In the annals of design history, Danish Modern stands as a testament to the enduring power of...



The Most Comprehensive PCOS Diet Cookbook for a Healthier You!

If you're one of the millions of women with PCOS, you know that managing your symptoms can be a challenge. But it doesn't have to be! This PCOS diet...