



Understanding IBS

Irritable Bowel Syndrome

What is IBS?

IBS is a common gastrointestinal disorder characterized by abdominal pain and discomfort, bloating, and changes in bowel habits (diarrhea, constipation, or alternating between the two). It is a chronic condition that affects the large intestine.

Possible Causes of IBS

The exact cause of IBS is not fully understood, but it is believed to be a combination of factors, including:

- **Altered Gut Motility:** Changes in the way the muscles of the large intestine contract and relax, leading to irregular bowel movements.
- Brain-Gut Interactions:** The brain and the gut are connected by a complex network of nerves and hormones, and dysfunction in this system can lead to IBS.
- Infections:** Some cases of IBS are triggered by a bacterial infection of the gut, known as post-infectious IBS.
- Food Intolerances:** Certain foods, such as dairy, wheat, and artificial sweeteners, can trigger symptoms in some individuals.
- Stress:** Stress and anxiety can exacerbate IBS symptoms.

How IBS is Diagnosed

There is no single test for IBS. Diagnosis is typically based on a combination of factors, including:

- **Medical History:** A doctor will ask about your symptoms, their frequency, and any other health conditions you may have.
- Physical Examination:** A doctor will perform a physical exam, including a rectal exam, to check for any physical signs of IBS.
- Diagnostic Tests:** In some cases, a doctor may recommend tests to rule out other conditions, such as celiac disease, inflammatory bowel disease, or lactose intolerance.

Structure and Function of Large Intestine

Layers of Large Intestine

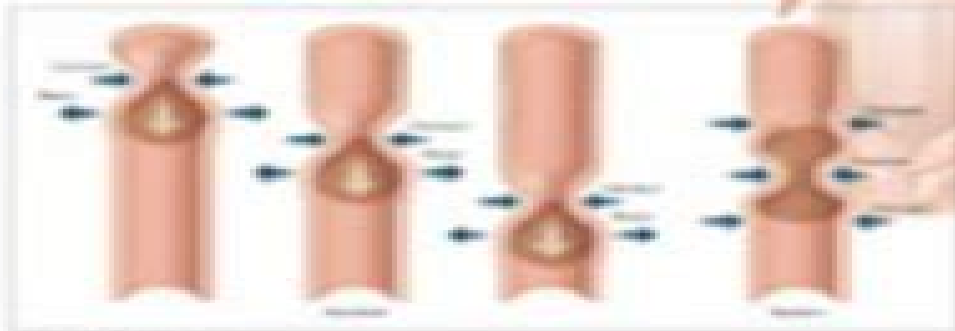


Symptoms

Common symptoms of IBS include:

- **Abdominal Pain and Discomfort:** This is the most common symptom, often described as cramping or bloating. It is typically related to bowel movements.
- Bloating:** A feeling of fullness or swelling in the abdomen.
- Changes in Bowel Habits:** This can include diarrhea, constipation, or alternating between the two.
- Mucus in Stool:** Some individuals may notice mucus in their stool.
- Exacerbation by Stress:** Stress and anxiety can worsen symptoms.

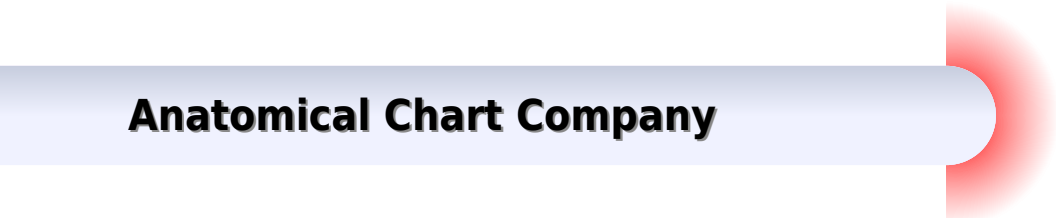
Management of IBS



Remember, IBS is a chronic condition, and management often involves a combination of lifestyle changes, diet, stress management, and medication. It is important to consult with a healthcare professional for a proper diagnosis and treatment plan.

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