



Understanding IBS

Irritable Bowel Syndrome

What is IBS?

IBS is a common digestive disorder that affects the large intestine. It is characterized by abdominal pain, bloating, and changes in bowel habits (diarrhea, constipation, or alternating between the two). The condition is not life-threatening and does not cause damage to the intestines.

Possible Causes of IBS

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

- **Abnormal Gut Motility:** The muscles in the digestive tract may not move food through the system normally.
- Imbalance of Gut Bacteria:** The bacteria in the large intestine may be out of balance.
- Food Intolerances:** Some people with IBS are sensitive to certain foods, such as dairy or wheat.
- Stress:** Stress can affect the digestive system and trigger IBS symptoms.
- Genetics:** IBS may run in families.

How IBS Affects the Digestive System

IBS affects the large intestine, which is responsible for absorbing water and electrolytes from the remaining indigestible food matter. The condition can cause the large intestine to contract too frequently or too strongly, leading to diarrhea or constipation.

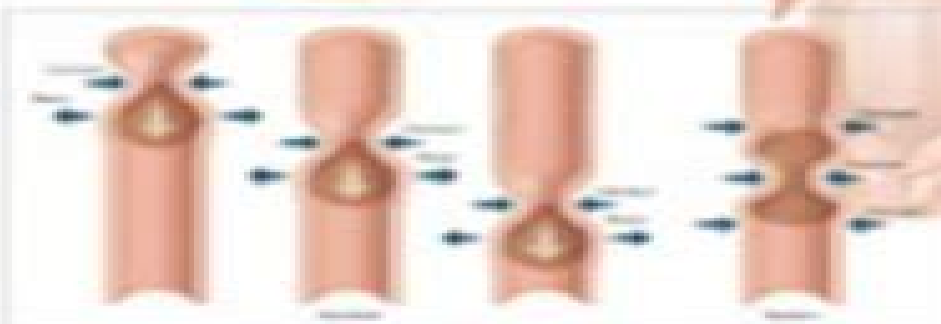
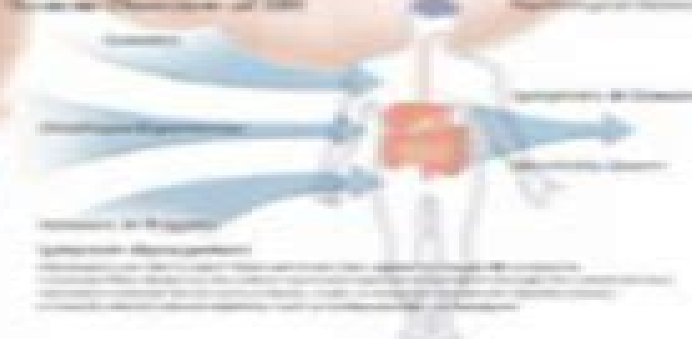


Symptoms

Common symptoms of IBS include:

- **Abdominal Pain:** Cramping, bloating, and gas.
- Changes in Bowel Habits:** Diarrhea, constipation, or alternating between the two.
- Bloating:** Swelling of the abdomen.
- Excess Gas:** Increased flatulence.
- Mucus in Stool:** Passing mucus with stool.
- Weight Loss:** Unintentional weight loss.
- Stress:** Increased stress and anxiety.

Diagnosis of IBS



IBS is a chronic condition that can be managed with a combination of diet, lifestyle changes, and medication. It is important to consult a healthcare professional for a proper diagnosis and treatment plan.

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Understanding Ibs, Laminated Chart Scientific Publishing, 2003-11 The Understanding IBS chart presents an overall view of the symptoms and causes of Irritable Bowel Syndrome The main image features the large intestine with cut away views showing a spasm and inflammation Heavy gauge 3ml lamination with sealed edges and two metal eyelets for hanging makes chart highly durable Write on wipe off with dry erase marker not included **Power Generation** ,1948 **Welding Journal** ,1948 Current welding literature included in each volume *Proceedings of the American Welding Society* ,1948 Current welding literature included in each volume **Popular Science** ,1952-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

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