



Understanding IBS

Irritable Bowel Syndrome

What is IBS?

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder characterized by abdominal pain, bloating, and changes in bowel habits (diarrhea, constipation, or alternating between the two). The exact cause of IBS is unknown, but it is thought to involve a combination of factors, including gut-brain communication, gut motility, and gut microbiota.

Possible Causes of IBS

Several factors are believed to contribute to the development of IBS, including:

- Genetics
- Infections
- Stress
- Food Intolerances
- Altered Gut Motility
- Imbalance in Gut Microbiota

How IBS Affects the Gut

IBS affects the large intestine, which is responsible for absorbing water and electrolytes from the remaining indigestible food matter. The large intestine is divided into the cecum, ascending colon, transverse colon, descending colon, and sigmoid colon.

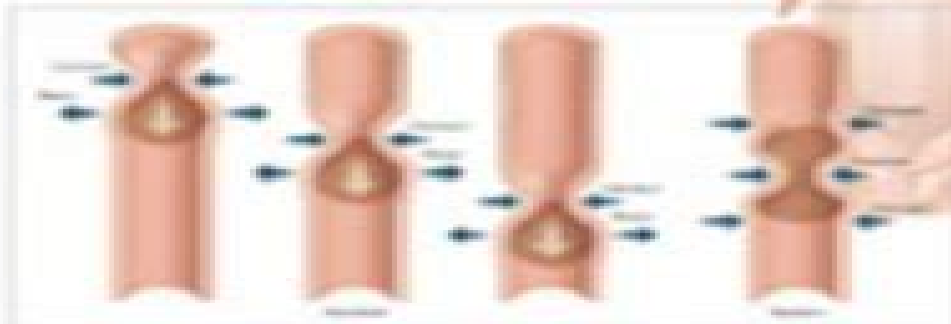


Symptoms

Common symptoms of IBS include:

- Abdominal pain or discomfort
- Bloating
- Changes in bowel habits (diarrhea, constipation, or alternating between the two)
- Mucus in the stool
- Unexplained weight changes
- Excessive gas
- Feeling of incomplete evacuation

Diagnosis of IBS



Diagnosis of IBS is based on the Rome criteria, which require the presence of at least two of the following symptoms for at least three months:

- Abdominal pain or discomfort
- Bloating
- Changes in bowel habits

Understanding Ibs Chart Laminated Wall Chart

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Understanding Ibs Chart Laminated Wall Chart:

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 **Understanding Irritable Bowel Syndrome** Brian Sutton,2010-10-07 Keys to Healthy Eating Anatomical Chart 3E has been updated with changes from the USDA s 2010 Dietary Guidelines This chart contains descriptions of the 5 major food groups what s in them and daily recommendations Explains and defines types of oils and fats step by step guide on how to read a nutrition label how to use the food pyramid diagram of appropriate portion size Also includes tips for healthy eating Made in the USA Available in the following versions 20 x 26 heavy paper laminated with grommets at top corners ISBN 9781605471075 20 x 26 heavy paper ISBN 9781605471068 *Welding Journal* ,1948 Current welding literature included in each volume **Proceedings of the American Welding Society** ,1948 Current welding literature included in each volume *Understanding Stomach Chart* Various,2010 **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 **Product Engineering** ,1961 Vol for 1955 includes an issue with title Product design handbook issue 1956 Product design digest issue 1957 Design digest issue **Backpacker** ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured Thomas Scientific ,1998

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