



IRRITABLE BOWEL SYNDROME (IBS)

What is?

Irritable bowel syndrome (IBS) is classified as a functional gastrointestinal disorder, which means there is some type of disturbance in bowel function.

It is a common condition where you experience symptoms related to your digestive system. IBS affects around 3 out of every 10 people. Women are more likely than men to be affected.



Types of IBS

- *IBS-C*: IBS with constipation
- *IBS-D*: IBS with diarrhea
- *IBS-Mixed*: IBS with mix constipation and diarrhea



Symptoms include

- Abdominal pain or discomfort
- Stomach bloating and wind
- Chronic diarrhea or constipation, or alternating between the two

Triggers

- *Food*: The role of food allergy or intolerance in IBS isn't fully understood. A true food allergy rarely causes IBS. But many people have worse IBS symptoms when they eat or drink certain foods or beverages. These include wheat, dairy products, citrus fruits, beans, cabbage, milk and carbonated drinks.
- *Stress*: Most people with IBS experience worse or more-frequent symptoms during periods of increased stress. But while stress may make symptoms worse, it doesn't cause them.



When should I see my doctor?

It is important to see your doctor and/or dietician if:

- You are concerned about your symptoms, and symptoms are severe or ongoing
- You notice any blood in your stools
- You have unexplained or unintentional weight loss
- You have a fever or severe diarrhea



SYMPTOMS TO DISCUSS

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