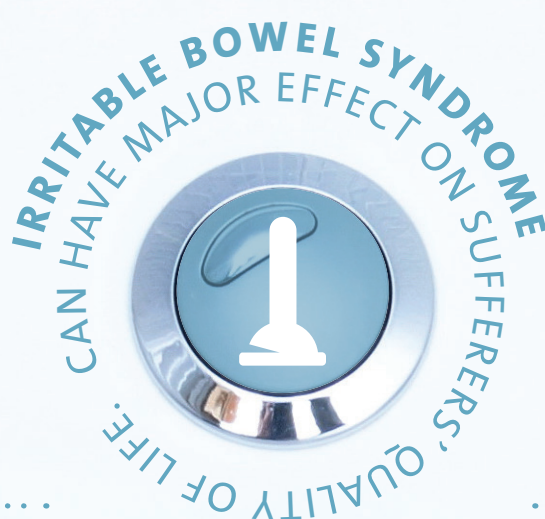


CONSTIPATION BLOATING GAS

2nd

LEADING CAUSE
of absence from work
in the United States.



IBS is a health issue
that affects up to

20%

of Americans.

IRRITABLE BOWEL SYNDROME is characterized by **uncomfortable gastrointestinal symptoms**, but it's the effect the health issue can have on one's everyday life that has the greatest impact on sufferers. Unfortunately, symptoms of IBS can be very similar to other gastrointestinal health issues, making its initial diagnosis difficult.



POSSIBLE CAUSES INCLUDE:

- sensitivity to certain food
- a heightened sensitivity to movement in the intestines
- possible anxiety or depression

CHRONIC SYMPTOMS INCLUDE:

- abdominal pain and gas
- altered bowel habits
- gas and bloating
- diarrhea

IRRITABLE BOWEL SYNDROME IS USUALLY DIAGNOSED AFTER OTHER MORE SERIOUS ISSUES ARE ELIMINATED THROUGH TESTING.



GATHER THE FACTS Take a few moments to write down the symptoms you have been experiencing, how long you have experienced them and if there was any change in your lifestyle or health around the time of the change.



EVALUATE YOUR DIET Note whether you have had any significant change in your diet during the time the symptoms began. Often times, patients will experience a significant change in gastrointestinal behavior simply due to their new goal to eat healthier. An increase in fruits and vegetables, for instance, can create a significant amount of fiber that your system is not familiar with.



TAKE HEART A diagnosis of IBS can be a positive first step. Many times, simple lifestyle changes such as exercise and a change in diet can help keep the issue at bay.



SET UP AN APPOINTMENT See your doctor not long after you begin experiencing new symptoms in bowel habits that can't be tied to an illness. Any blood in the stool should always be reported to a physician for examination.

For more information on irritable bowel syndrome, visit PremierHealth.com.

SOURCE: International Foundation for Functional Gastrointestinal Disorders