

DID YOU KNOW?

IBS affects **10% - 15%** of the population in the US. That equals **32 million** Americans.

Women are **2X** more likely to develop IBS than men.

50% of patients present with the condition before **AGE 35**.

IBS IS NOT CURABLE, BUT IS TREATABLE

Although this is the **MOST** diagnosed gastrointestinal condition, only **15%** seek medical help.

TREATMENT OPTIONS CAN HELP YOU LIVE A MORE CAREFREE LIFE!

Statistics from the National Institute of Diabetes and Digestive and Kidney Diseases

Have more “GOOD DAYS” than “BAD DAYS” even with IBS.

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IRRITABLE BOWEL SYNDROME

Irritated by you IBS?

WE CAN HELP!

WHAT IS IBS?

IBS stands for Irritable Bowel Syndrome and it is a disorder that can cause your gut to be more sensitive and change how the muscles in the bowel contract.

VARIATIONS OF IBS

Some people may experience frequent, urgent loose or watery stools (IBS-diarrhea) whereas others may have the opposite problem where they do not experience enough bowel movements (IBS-constipation). It is possible for patients to experience and alternate between both of these (IBS-Mixed).

DIAGNOSING IBS

There is no test for IBS, but a gastroenterologist or physician assistant (PA) will speak to you about your symptoms. Sometimes, additional testing is required.

SYMPTOMS OF IBS

Main Symptoms include:

- Repeated **PAIN** in the abdomen
- **CHANGES** in bowel movements

Additional Symptoms:

- Bloating
- Constipation
- Diarrhea
- Gas

GETTING TO THE ROOT CAUSE OF IBS

STRESSFUL OR DIFFICULT EARLY LIFE EVENTS

•
•
• Such as physical or sexual abuse

MENTAL DISORDERS

•
• Such as depression, anxiety, and somatic symptom disorder

SMALL INTESTINE BACTERIAL OVERGROWTH

•
• Increase in the number or a change in the type of bacteria in your small intestine

BACTERIAL INFECTION IN DIGESTIVE TRACT

FOOD INTOLERANCE OR SENSITIVITY



TREATMENT OPTIONS

There are a few treatment options that will alleviate and help manage the symptoms, although not cure it. Below are some of what these may include.

Lifestyle changes:

- Exercising or being active for at least 20 minutes about 3 to 5 days per week
- Stress management

Dietary modifications:

- Keep a food diary and document if you experience any symptoms in relation to the food consumed (stomach cramps, urgent trips to the bathroom, bloating or abdominal swelling).
- Try to limit foods that you know trigger upset stomach and gas, work on cutting back on dairy products such as milk or ice cream.
- Patients with **IBS-Constipation** may need to increase their water and fiber intake.

Medication management:

- Medicines to ease diarrhea
- Medicines to ease constipation
- Medications called "anti-spasmodics" to reduce stomach cramps
- Antidepressants - can help block pain and are typically used at a much lower dose for IBS than the normal dose prescribed for treating depression.