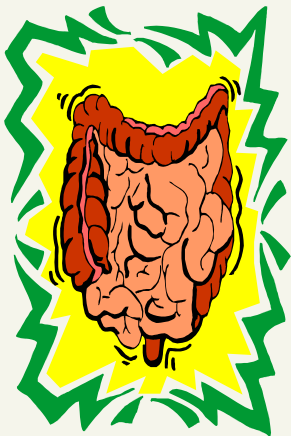


Backdoor Reading From Your Parish Nurse



A S B U R Y U N I T E D M E T H O D I S T C H U R C H



F A C T S A B O U T I B S (I R R I T A B L E B O W E L S Y N D R O M E)

Irritable bowel syndrome (IBS) is a disorder characterized by abdominal pain or discomfort, and altered bowel habit (chronic or recurrent diarrhea, constipation or both – either mixed or in alternation).

IBS affects between 25 and 45 million people in the US. About 2 in 3 IBS sufferers are male. IBS affects people of all ages, even children.

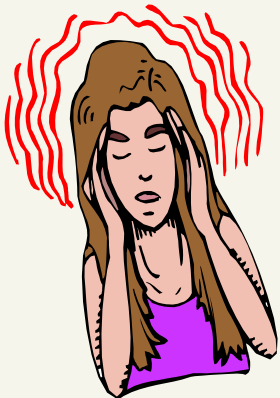
Most persons with IBS are under the age of 50. But many older adults suffer as well.

The exact cause of IBS is not known. Symptoms may result from a disturbance in the way the gut, brain, and nervous system interact. This can cause changes in normal bowel movement and sensation.

Stress does *not* cause IBS. However, because of the connec-

tion between the brain and the gut, stress can worsen or trigger symptoms.

The impact of IBS can range from mild inconvenience to severe debilitation. It can control many aspects of a person's emotional, social and professional life. Persons with moderate to severe IBS must struggle with symptoms that often impair their physical, and emotional being



S Y M P T O M S A N D T R E A T M E N T

IBS is unpredictable. Symptoms vary and are sometimes contradictory. Diarrhea can alternate with constipation. Long term symptoms can disrupt personal and profes-

sional activities, and limit individual potential. Treatments are available for IBS to help manage symptoms. Not all treatments

Through research, better treatments may be found. IBS can only be diagnosed by a medical professional. See your doctor.

