

PATIENT EDUCATION CONTENT

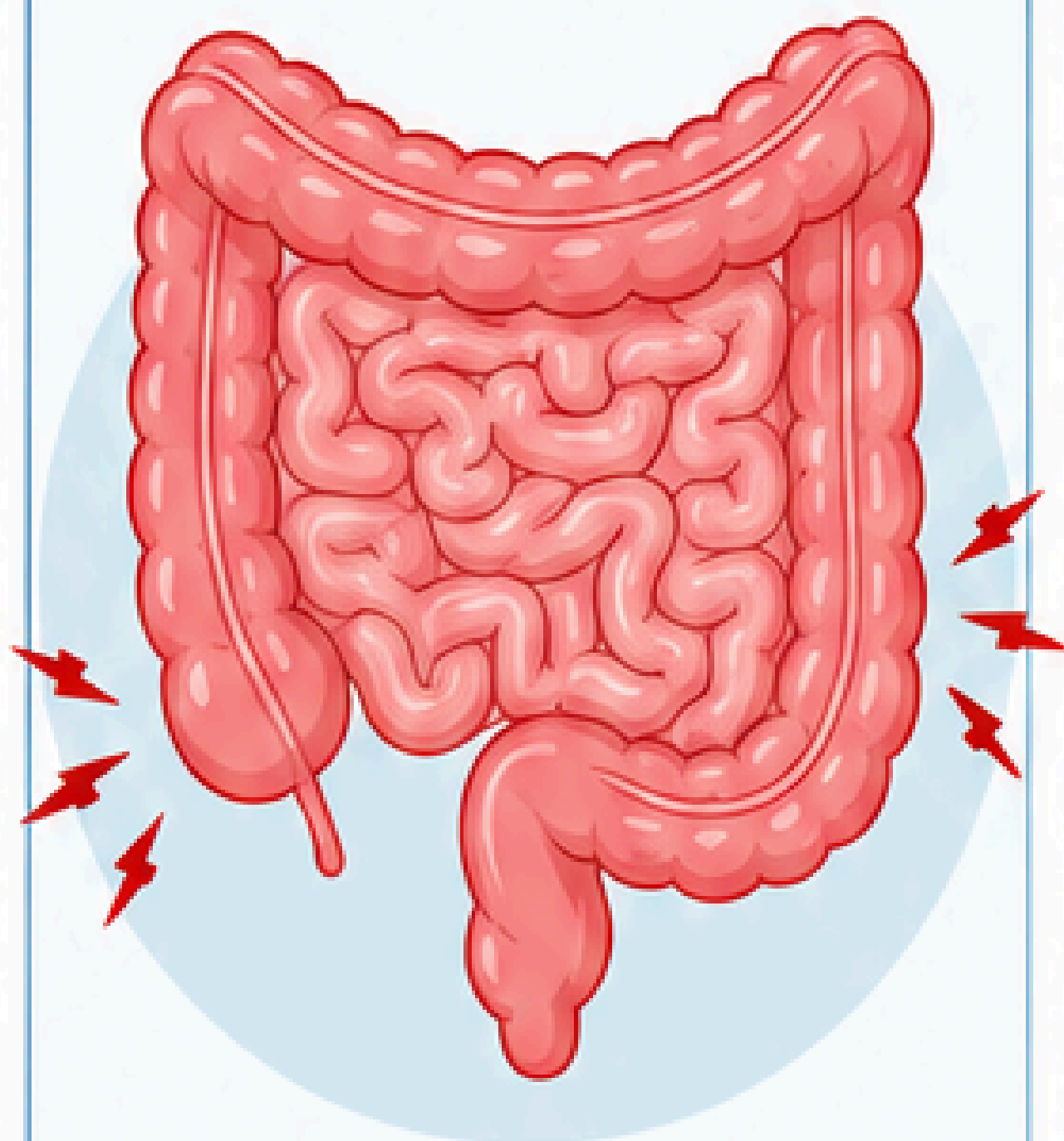
Irritable Bowel Syndrome (IBS)

IRRITABLE BOWEL SYNDROME (IBS)

Key Facts at a Glance

1. DEFINITION

IBS is a chronic functional disorder of the digestive tract causing abdominal pain and changes in bowel habits without any visible damage.



2. SIGNS & SYMPTOMS



Abdominal pain or cramps



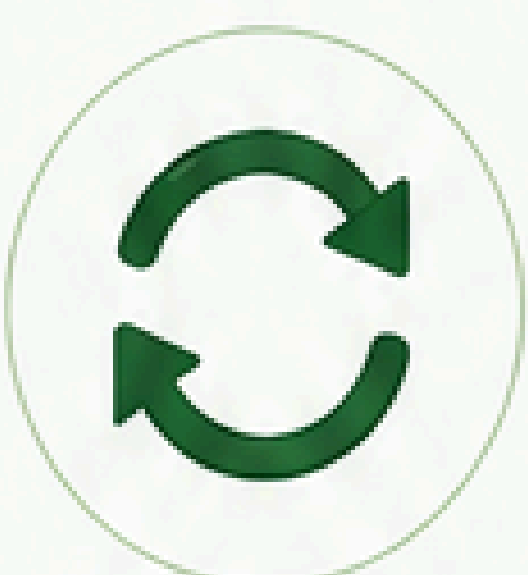
Bloating & gas



Diarrhea



Constipation



Alternating diarrhea and constipation



Mucus in stool

Other: Feeling of incomplete evacuation, changes in stool consistency or frequency.

3. CAUSES



Brain-gut interaction abnormalities



Increased intestinal sensitivity



Changes in gut motility



Infections & gut microbiota changes



Food intolerances or sensitivities



Stress & psychological factors



Genetic factors

4. RISK FACTORS



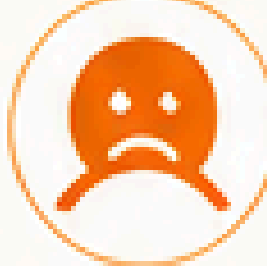
Family history of IBS



Severe intestinal infection



Stressful or difficult life events



Anxiety or depression



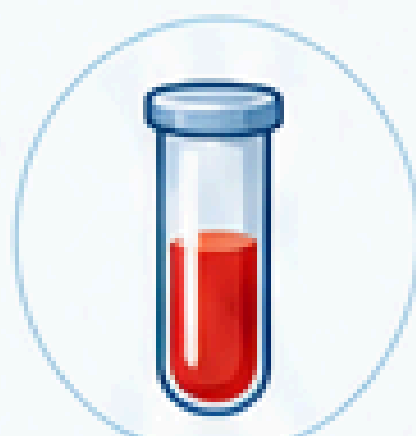
Being younger than 50 years



Female sex (more common in women)

5. DIAGNOSIS

IBS is diagnosed based on symptoms, medical history and physical examination. Tests are done to rule out other diseases.



Blood tests



Stool tests



Breath test



Upper GI endoscopy (if needed)



Colonoscopy (when indicated)

6. TREATMENT

Diet & Lifestyle

- ✓ Balanced diet
- ✓ Increase soluble fiber gradually
- ✓ Avoid trigger foods
- ✓ Low-FODMAP diet (with guidance)
- ✓ Regular exercise
- ✓ Adequate sleep
- ✓ Stress management



Medicines & Therapies

Medicines for diarrhea, constipation, pain or spasms as needed. Probiotics and psychological therapies (e.g., CBT) may also help.



7. PREVENTION



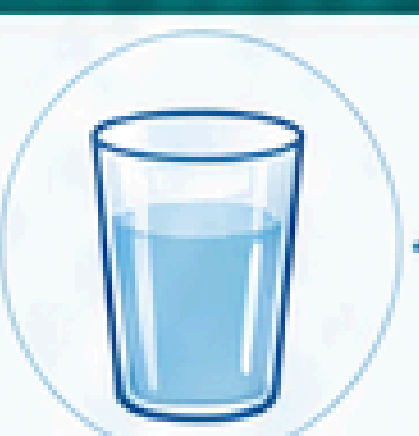
Eat regular, balanced meals



Identify personal food triggers



Increase fiber gradually



Drink adequate fluids



Exercise regularly



Manage stress



Get sufficient sleep



Follow treatment plan