

Learning More about **IBS**

Are you surprised to hear that irritable bowel syndrome (IBS) is the #1 diagnosed digestive disorder?

After analysis, doctors put IBS into four categories.

- IBS-C - irritable bowel syndrome with constipation
- IBS-D - irritable bowel syndrome with diarrhea
- IBS-M - irritable bowel syndrome with mixed symptoms, including both constipation and diarrhea. IBS-M is also known as IBS-A because symptoms tend to alternate.
- IBS-U is an undefined subtype associated with symptoms that vary.

What are the symptoms?

- diarrhea
- abdominal pain
- belching
- constipation

- bloating
- gas
- anxiety

NOTE: Your symptoms may lessen or worsen, or even disappear sporadically.

Our digestive tract is set into motion by muscle contractions that push substances through. IBS can alter these regulated contractions resulting in constipation (weakened contractions) and diarrhea (strengthened contractions). Additionally, more frequent contractions will add further annoyance of gas and bloating.

Demographics of WHO has IBS

- It often affects younger people.
- Women are twice as likely to develop IBS as men.

What causes IBS?

The cause of IBS is unknown, resulting in an abundance of chronic cases. However, research has shown that there are triggers. For example:

- Change in diet
- Medications
- Travel
- Food Poisoning (1 in 9 may get it)
- Infection (60%)
- Hormonal Imbalance
- Surgery

How will you determine if I have it?

A thorough investigation will rule out all other conditions (Ulcerative Colitis, Crohn's Disease, lactose intolerance, bowel obstruction, malabsorption, and cancer, among others.)

However, SIBO (Small Intestinal Bacterial Overgrowth/Intestinal Methogen Overgrowth) is not always ruled out due to a lack of knowledge. Yet, it is estimated that 70-80% of all patients diagnosed with IBS have SIBO/IMO.

- The IBS Smart test is a blood test that can determine the cause of IBS-D or IBS-M.
- A Hydrogen and Methane breath test can be administered to diagnose SIBO. (This test looks for bacteria in the digestive tract.)
- Physicians also use a process known as the Rome criteria to help make a diagnosis. This is an internationally recognized symptom checklist that is updated to have the most accurate information possible.

Treatment Plans

At VIDA Integrative Medicine, Dr. George's goal is to repair the digestive tract by flushing out harmful bacteria. Our course of action includes the use of probiotics, dietary modifications, and a personalized supplement regimen.

The success of Functional Medicine is partially determined by our personalized approach to your health care. As I review your symptoms and lab results, I will evaluate your treatment plan and tailor it specifically for you.

Our treatment goal is to reduce harmful bacteria that live in the "gut microbiome" and replace them with good bacteria.

Typically, during this process, we discover our patients experience ease of symptoms and reduced inflammation.

Common supplements and treatments we use include:

- L-tryptophan
- 5-HTP
- Peppermint oil
- probiotics,
- glutamine
- Low FODMAP diet
- high fiber diet

IRRITABLE BOWEL SYNDROME
(IBS) is a Common Disorder that Affects the LARGE INTESTINE

IRRITABLE BOWEL SYNDROME

SYMPTOMS



Abdominal Pain, Cramping or Bloating



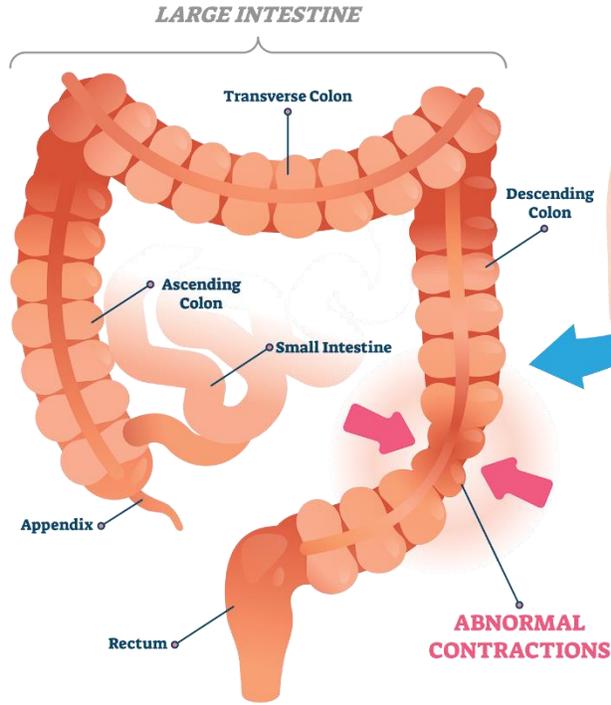
Excess Gas



Diarrhea or Constipation



Mucus in the Stool



CAUSES



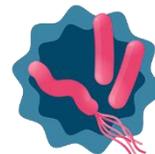
Muscle Contractions in the Intestine



Nervous System



Inflammation in the Intestines



Severe Infection



Changes in Microflora

Lifestyle changes that can help to alleviate IBS.

Diet: We often recommend our patients begin with a low FODMAP diet.

FODMAP stands for “fermentable oligo-, di-, monosaccharides, and polyols.” These are small carbs that many people cannot digest — particularly those with irritable bowel syndrome (IBS).

Examples of High FODMAP foods:

- Wheat (so a gluten-free regimen is recommended)
- Garlic
- Onion
- Dairy Products
- Legumes
- Sweeteners
- Beverages - Avoid beer, wine, milk, sodas, fruit juices, and some teas. (Low FODMAP beverages include black tea, coffee, green tea, and peppermint tea.)
- Fruits – Avoid apples, cherries, nectarines, peaches, pears, plums, and watermelon. (Low-FODMAP fruits include blueberries, oranges, pineapple, and strawberries.)
- Vegetables – Avoid mushrooms, cabbage, broccoli, cauliflower, and asparagus. (Low FODMAP vegetables include: kale, tomato, spinach, carrot, zucchini, and eggplant)

NOTE: We understand that this is a restrictive diet, but we want you to know this is temporary. As you progress, you will be able to reintroduce many of these foods into your diet.

Exercise: Studies show that exercise can improve bowel function, reduce bloating and ease stress. During flare-ups, gentle exercise is recommended. Such as:

- gentle yoga
- stretching
- walking
- Tai Chi
- swimming

Relaxation: Stress may worsen your IBS symptoms, so developing and utilizing relaxation techniques may aid in alleviating or reducing your symptoms. Try:

- Listening to soothing music
- Yogic breathing techniques
- Meditation
- Qi Gong
- Coloring books

Conventional Treatments

According to symptoms, many physicians typically recommend antibiotics for diarrhea, laxatives for constipation, and muscle relaxers for abdominal pain. Additionally, they may prescribe anti-depressants for stress.

However, most of these methods merely mask the symptoms and don't bring you to the conclusion of the disease. At VIDA, we want you to heal and discover the health and vitality you experienced before the onset of IBS.

