

Understanding IBS

IBS or Irritable Bowel Syndrome

is a common gastrointestinal disorder. While it is not life-threatening, symptoms are often bothersome, embarrassing and debilitating. Those affected may experience abdominal pain, irregular bowel patterns and a host of other symptoms, including:



The cause of IBS is unknown but it may be triggered by:



- Gas
- Constipation
- Diarrhea



- Bloating
- Nausea



- Abdominal Pain
- Stools with mucus



Infection



Food Poisoning



Change in Diet



Medications



Surgery



Being Female



Bacterial or Hormonal Imbalances



Neurotransmitter Imbalances



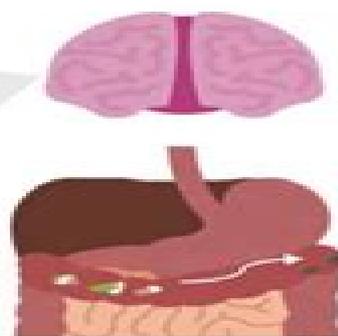
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Living Positively with IBS

Understanding is the first step to living positively with this syndrome. IBS affects how contents move through the bowel (**motility**), and how the brain interprets sensations that occur along the digestive tract (**sensitivity**).



Sensitivity



Motility

Fast Facts About IBS

- Canada has one of the highest rates of IBS in the world. Over 5 million Canadians are living with the syndrome with an additional 120,000 developing the syndrome each year.
- IBS has similar or more severe impacts on a person's daily schedule as other chronic illnesses such as arthritis, asthma or coronary artery disease.
- Approximately \$8 billion of lost productivity is attributed to IBS in Canada each year.
- IBS costs the health care system in excess of \$6.5 billion annually.
- IBS affects more women than men.



Understanding Ibs

RJ Shavelson



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