

Irritable Bowel Syndrome

IBS

What Is IBS?

Irritable bowel syndrome (IBS) is a common, chronic condition that affects the large intestine. It is characterized by abdominal pain and discomfort, along with changes in bowel habits, such as constipation, diarrhea, or alternating between the two. The symptoms are often related to the way the large intestine contracts and moves stool through the body.



The large intestine is the final part of the digestive system. It is responsible for absorbing water and electrolytes from the stool, and for moving the stool out of the body. In people with IBS, the large intestine may contract too frequently or too infrequently, leading to the symptoms of the condition.

What Causes IBS?

The exact cause of IBS is not known, but it is thought to be related to a combination of factors, including genetics, diet, stress, and changes in the gut bacteria. Some people with IBS also have a condition called small intestine bacterial overgrowth (SIBO), which is an overgrowth of bacteria in the small intestine.

IBS is a chronic condition, meaning it lasts for a long time. However, the symptoms can often be managed with lifestyle changes, such as eating a healthy diet, exercising regularly, and managing stress. In some cases, medication may be needed to help manage the symptoms.

IBS is a common condition that affects about 10-15% of people in the United States. It is more common in women than in men, and it often starts in the late 20s or early 30s.

What Are the Symptoms of IBS?

The symptoms of IBS can vary from person to person, but they typically include abdominal pain and discomfort, along with changes in bowel habits. The pain is often described as cramping or bloating, and it may be worse after eating or drinking. Changes in bowel habits may include constipation, diarrhea, or alternating between the two.

Other symptoms of IBS may include bloating, gas, and mucus in the stool. Some people with IBS also experience fatigue, weight loss, and changes in their mental health, such as anxiety and depression.

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How Is IBS Diagnosed?

IBS is diagnosed based on the symptoms and a medical history. There is no specific test for IBS, but a doctor may perform a physical exam and order blood and stool tests to rule out other conditions. In some cases, a colonoscopy or other imaging tests may be used to look for structural changes in the large intestine.

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Diseases Explained Irritable Bowel Syndrome Wall Chart

M Lipman



Diseases Explained Irritable Bowel Syndrome Wall Chart:

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