

IRRITABLE BOWEL SYNDROME (I.B.S.)

Symptoms include:

Question: What is IBS?

A: IBS. Is a petroglyph. Some of the symptoms are called syndromes in English. IBS However, it is usually accompanied by abdominal pain, which can lead to abdominal cramps, bites, swelling, thin diarrhea, and constipation. In IBS, there is a large number of cases. It's just a Functional Disease, meaning it's not working properly.

Question: Why IBS?

A: The exact cause of the disease is still unknown. The disease is more susceptible. If the large intestine is compressed too much, it can cause bloating and frequent diarrhea. Patients may also have abdominal pain due to sensitive nerves. IBS It can be very difficult, but it does not damage the large intestine or cause any other physical illness. It is. Even if it is long-term, it does not cause cancer-like diseases.

Question: What are the symptoms of IBS?

A: The main symptoms are abdominal pain or biting (pain that can occur during defecation or decrease after defecation). Chronic diarrhea, constipation, or a combination of these two symptoms can occur - sometimes thin and sometimes severe. Other symptoms are: Drainage in the feces. Swelling or bloating. The experience of not urinating during diarrhea. This symptom usually worsens during menstruation in women.

Question: How is IBS diarrhea (disease control) done?

A: Doctors may initially suspect that IBS may have been caused by long-term symptoms. Doctors can also use specific "Rome criteria" for disease control. The "Rome" method is used to diagnose a patient's symptoms and its symptoms. Some tests are also available for the disease. These tests are performed to diagnose other diseases. In addition to physical examinations, blood and stool tests are usually performed,

and sometimes "colonoscopy" is performed to rule out suspicion. Once the feces are completely removed from the abdomen, the feces door. The entire large tooth is clearly visible by inserting a small tube through it. If necessary during a colonoscopy, a meat test may be performed within a few minutes of a suspicious bath.

Question: How is IBS treated?

A: The treatment of IBS is not the same for all patients - treatment is provided according to the symptoms. Diarrhea If it is difficult, it is necessary to use medications such as Isgol to clean it, and if the stool is thin, the stool is hard.

Different medications are given to make it happen. In addition, since these patients are often mentally ill, they also need treatment for mental illness. Because it is a long-term problem - it is a disease of the patient Need to understand. After explaining the disease to many patients, their pain is greatly reduced without medication. In addition, these patients have regular exercise and yoga, but their pain is somewhat reduced. In the end. He should refrain from eating foods that increase his pain.

****IBS on the occasion of Pre World-Health Day. Published by the Kalinga Gastroenterology Institute for Patients****