



Irritable Bowel Syndrome (IBS)

What is Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS) is a common disorder of the intestines that leads to cramping, gassiness, bloating and changes in bowel habits. Some people with IBS have constipation (difficult or infrequent bowel movements); others have diarrhea (frequent loose stools, often with an urgent need to move the bowels); and some people experience both. Sometimes the person with IBS has a crampy urge to move the bowels but cannot do so.

Through the years, IBS has been called many names - colitis, mucous colitis, spastic colon, spastic bowel and functional bowel disease. Most of these terms are inaccurate. Colitis, for instance, means inflammation of the large intestine (colon). IBS, however, does not cause inflammation and should not be confused with other disorders such as ulcerative colitis or Crohn's disease.

The cause of IBS is not known, and as yet there is no cure. Doctors call it a functional disorder because there is no sign of disease when the colon is examined. **IBS causes a great deal of discomfort and distress, but it does not cause permanent harm to the intestines and does and does not lead to intestinal bleeding of the bowel or to a serious disease such as cancer.** Often IBS is just a mild annoyance, but for some people it can be disabling. They may be unable to go to social events, to go out to a job, or to travel even short distances. Most people with IBS are able to control their symptoms through medications

How Do Diet and Stress Affect IBS?

The potential for abnormal function of the colon is always present in people with IBS, but a trigger must be present to cause symptoms. **The most likely culprits seem to be diet and emotional stress.** Many people report that their symptoms occur following a meal or when they are under stress.

Eating causes contractions of the colon. Normally, this response may cause an urge to have a bowel movement within 30 to 60 minutes after a meal. In people with IBS, the urge may come sooner with cramps and diarrhea. The strength of the response is often related to the number of calories in a meal and especially the amount of fat in a meal. **Fat in any form (animal or vegetable) is a strong stimulus of colonic contractions after a meal.** Many foods contain fat, especially meats, poultry skin, whole milk, cream, cheese, butter, vegetable oil, margarine, shortening, avocados and whipped toppings.

Stress also stimulates colonic spasm in people with IBS. This process is not completely understood, but scientists point out that the colon is controlled partly by the nervous system. Stress reduction (relaxation) training or counseling and support help relieve IBS symptoms in some people. However, doctors are quick to note that this does not mean IBS is a personality disorder. IBS is at least partly a disorder of colon motility.

How Does a Good Diet Help IBS

For many people, eating a proper diet lessens IBS symptoms. Before changing your diet, it is a good idea to keep a journal noting which foods seem to cause distress. **Discuss your findings with your doctor. You may want to consult a registered dietitian who can help you make changes in your diet.** For instance, if dairy products cause your symptoms to flare up, you can try eating less of those foods. Yogurt might be tolerated better because it contains organisms that supply lactose, the enzyme needed to digest lactose, the sugar found in milk products. Because dairy products are an important source of calcium and other nutrients that your body needs, be sure you get adequate nutrients in the foods that you substitute.

Dietary fiber may lessen IBS symptoms in many cases. Whole grain breads and cereals, beans, fruits and vegetables are good sources of fiber. Consult your doctor before using an over-the-counter fiber supplement. High fiber diets keep the colon mildly distended, which may help to prevent spasms from developing. Some sorts of fiber also keep water in the stools, thereby preventing hard stools that are difficult to pass. Doctors usually recommend that you eat just enough fiber so that you have soft, easily passed, painless bowel movements. High-fiber diets may cause gas and bloating, but within a few weeks, these symptoms often go away as your body adjusts to the diet.

Large meals can cause cramping and diarrhea in people with IBS. Symptoms may be eased if you **eat smaller meals more often or just eat smaller portions.** This should help, especially if your meals are low in fat and high in carbohydrates such as pasta, rice, whole grain breads and cereals, fruits and vegetables.