

MARG

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More About IRRITABLE BOWEL SYNDROME

Did you know that 10% of people suffer from IBS?

What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome (IBS) is an extremely common disorder of the intestinal tract, which results in severe diarrhea or severe constipation or an alternation between the two. While IBS is not a colitis and does not lead to colon cancer, it can severely diminish the quality of life.

Symptoms: Along with the diarrhea and/or constipation, the most common symptoms are mild to severe abdominal pain, gas and bloating

Treatments: While there is no cure for IBS, diet plays a huge role.

Bad Foods: caffeine, chocolate, fatty foods and dairy

Good foods: high fiber foods such as fruit, vegetables, whole wheat and bran for constipation predominant IBS, lower fiber foods such as rice, pasta, low fat protein such as poultry and fish for diarrhea predominant IBS.

Additionally, stress, alcohol, and cigarettes can also trigger IBS. If diet alone doesn't control the IBS, some medications as well as probiotics help treat the symptoms. While medication is important, it is no substitute for a good diet.

We Conduct Clinical Research Studies for IBS:

For more information contact us at (858) 277-5678.

Or click on "Learn About Our Studies" on our site to fill out a sign-up form.