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What are the Symptoms of IBS?



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What are the Symptoms of IBS?

IBS, which stands for irritable bowel syndrome, is a big label given to a group of people who have one or more very common digestive symptoms. There are many different symptoms that are covered under the IBS umbrella, but **five symptoms really stand out.**

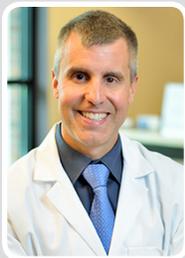
These are:

1. Diarrhea
2. Constipation
3. Abdominal pain
4. Bloating
5. Gas

If you have one or more of these symptoms for a few months or longer, then you probably have IBS.

Keep in mind that you may experience only one of these symptoms, or any combination of these symptoms. And it's not unusual for symptoms to change over time, and they can change in the same day, or after several years. Recognizing that, it's no surprise that IBS *presents differently in different patients.*

The symptoms of IBS are found in several other diseases. Those other diseases are what other doctors, including gastroenterologist, are looking for when you go to the doctor. They are not looking for IBS. You need to rule out those other disease, that is important.



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What are the Symptoms of IBS? *cont.*

But when they don't find any of them (i.e. appendicitis, gallstones, cancer, etc.) then they end up unable to help you, and you end up with no answers. This is why you need an IBS specialist, a doctor who is an expert in IBS. All we do at the IBS Treatment Center is diagnose and solve IBS.

The Five Primary Symptoms of IBS

1. Diarrhea

Diarrhea is often thought to be the classic component of IBS, but less than half of people with IBS have diarrhea. Although it can be urgent and explosive, diarrhea comes in many other forms. Stools can be regular but very loose and watery, mushy, or soft and crumbly and fall apart. Surprisingly, some IBS patients alternate between diarrhea and constipation. Whether or not you think of your diarrhea as problematic, it's a serious sign that you aren't digesting properly and therefore not absorbing nutrients properly. This affects the health of your entire body. There is always a solution for diarrhea, and we're here to help you find it!

2. Constipation

Optimally, you should have at least one unremarkable bowel movement each day. That's normal. But if your BMs are less frequent than once a day then you have constipation. You also have constipation if your BMs are very dry and hard, or made of small pellets, or difficult to pass, or incomplete (meaning it takes several tries before you feel done), even if you have a bm every day. And if you must take extra dietary fiber or consistently use some other product to avoid any of these outcomes, you have constipation. The IBS Treatment Center takes solving constipation seriously, because it's so important to your overall health!

3. Abdominal pain or discomfort

Many, but not all, IBS patients experience abdominal pain or abdominal discomfort, and some experience only abdominal pain, without diarrhea, constipation, gas or bloating.

Abdominal pain or discomfort in IBS can range from completely debilitating stabbing pains, to cramping, to relatively minor tummy aches. Sometimes the pain is so bad that people end up in the emergency room. Unfortunately, that rarely helps solve the problem. The ER is a great place to go for other problems, but not IBS. Sadly, most IBS sufferers leave the ER without a solution. We've helped many patients who've been down this road. Call us now to help solve this problem!

4. Bloating

Bloating is a common symptom in IBS patients, though not all IBS patients have bloating. Bloating is usually fairly obvious to the sufferer, and it can range from mild to looking like you're pregnant or feeling like you have a basketball under your shirt. It can fluctuate throughout the day, and often your clothes won't fit well. Bloating may or may not be accompanied with gas or abdominal discomfort. Regardless, it's a sign that you aren't digesting well, and we can help you. Call us today!

5. Gas

Excessive or particularly odorous gas is not normal. Gas can be the sole symptom of someone suffering with IBS, and it may or may not be accompanied with bloating. Gas is possibly the most embarrassing IBS symptom because it's so difficult to disguise. Having problems with gas or flatulence is a clear sign that you have IBS and that you aren't digesting your food well.

Treating these five symptoms is part of the core of our success at the IBS Treatment Center. Don't let these symptoms alter your life another day. Call us now!



Suggestions from Becky, Our Nutritionist

What Can Social Media Can Do For You?

Need culinary inspiration to get a handle on your new treatment plan or get out of that limited dietary rut? You may have already heard of Pinterest, but I also love using Instagram. There are so many people on Instagram who are passionate about food and love to post pictures with links to recipe blogs. I don't typically ascribe to one specific diet, but instead follow many different diets on Instagram. Keto, paleo, gluten free, vegan/vegetarian, macro and the list goes on. How do you benefit? The hints, tips and recipes found will surprise you, and will give you alternative ways to create some of your favorite foods. Also, if you are traveling soon, this can be a great way to identify safe places to eat! For more in depth nutrition help, a Registered Dietitian/Nutritionist is still your best resource and I am always here to help you get the information that you need. You can follow me on Instagram @foodventureswithbecky .

Have a happy food day!



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