

Topic of the month:

Irritable Bowel Syndrome (IBS)

30 second IBS Quiz

Have you had discomfort* or pain anywhere in your abdomen 2-3 times or more during the past 3 months?

**discomfort means an uncomfortable sensation not described as pain*

YES NO

[If yes to above, then:]

Does the discomfort or pain sometimes get better after a bowel movement?

YES NO

Is the discomfort or pain associated with a change in the frequency of bowel movements?

YES NO

Is the discomfort or pain sometimes associated with constipation or diarrhea?

YES NO

If you answered "YES" to all of the questions, then you might have IBS. You're not alone! Many Canadians live with this common digestive disorder. Please contact your physician or pharmacist to discuss your concerns.

If you answered "NO" to any of the questions, then it's unlikely that you have IBS.

DID YOU KNOW?

The lifetime risk for a Canadian to develop IBS is 30%.



IBS is a chronic digestive disorder with symptoms that include abdominal pain, bloating, and altered bowel behaviours.

IBS SIGNS & SYMPTOMS



ABDOMINAL PAIN



BLOATING



DIARRHEA OR/AND CONSTIPATION

Healthy Tips to help you manage IBS:

EAT HEALTHY

Regular, well-balanced, moderately sized meals with fibre and fluids.



MEDICATION

Discuss treatment options with your physician and pharmacist.



KEEP A FOOD DIARY

To identify and remove foods that trigger IBS symptoms from your diet.



MANAGE YOUR STRESS

Proper exercise and rest can help reduce stress and IBS symptoms.

