

The Best Treatment For IBS - Coping with Constipation caused by IBS

Irritable Bowel Syndrome, whilst not life threatening, can be debilitating. People can suffer different symptoms and experience different degrees of discomfort. There is no one-off miracle cure; however most people respond well to treatments, be it lifestyle changes, improvements in diet or medication. The secret is to understand your IBS, and to work out what is the best treatment(s) for you.



IBS is a tough illness to manage, and people suffering from it are often desperate enough to try any new treatment that they hope might cure the disease. Nevertheless, the condition is chronic in nature, and no single remedy or abstaining from certain substances and foods can completely cure it. It is important for people to recognize these facts so as not to be misled by the claims of complete cure of this illness.

Menopause

Bloating occurs even during menopause, due to water retention, accumulation of gas or a combination of both. Some women may experience bloating for a few days and then not again for a year, while others may experience it on and off for a number of months at a stretch. Variation in hormone levels is exactly what conduces to bloating during menopause. With increasing levels of estrogen in the body, water retention increases, which ultimately leads to bloating. Moreover, when the estrogen levels fall, bile production is lowered, which also results in **constipation** and bloating.

Connection to Colon Cancer

Discomfort in the left side of the abdomen, specially in older people, send many into panic. Could the discomfort suggest colon cancer? Persistent pain in the abdomen may or may not be a symptom of colon cancer. Nevertheless, if it persists for more than a week, it should definitely be referred to a doctor. In case one is experiencing colon cancer, abdominal pain may be accompanied by several of the following symptoms: Colon cancer can be easily treated if it is spotted in the early stages. Nevertheless, the problem is that the early signs of colon cancer are not prominent, and people typically associate them with tension and anxiety.

After You Have Eaten a Meal that Your Belly can't Manage, It can Bug Your Digestion

This will cause swelling of the lower bowel as well as other bowel dysfunctions. If you're not pleased with your meal then you will just eat again after an one or two hours. It's much better to eat a few small meals than taking one huge serving. Stay away from food that will upset your gut There are a few things that may hurt your belly.

Cauda Equina Syndrome

Results due to back flaws or spinal injuries. It affects the bundles of nerve roots in the spine, called cauda equina, and trigger intense pain, numbness, weak point, incontinence, sexual dysfunction, and often may even cause paralysis.



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- Treatment - the main goal of the treatment is to manage the swelling, and manage the signs.
- For this, anti-inflammatory drugs, and medication to manage diarrhea, and pain are usually recommended.
- Antibiotics could also form a part of the treatment to control or prevent infections.
- If conservative treatment options come of no help, then surgery to eliminate the entire colon and rectum could be recommended.

Other Causes

Other likely causes of diarrhea and stomach ache are allergic reaction to certain medications, food poisoning, food allergies, gluten allergic reaction, etc. Sometimes, parasitic infections can also cause stomach ache and diarrhea at the exact same time.

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