

Wellness Tidbits

April is IBS Awareness Month



WHAT IS IRRITABLE BOWEL SYNDROME?

If you suffer from Irritable Bowel Syndrome (IBS), you're not alone. Approximately 10-15% of adults are affected by IBS. Although IBS is not associated with an increased risk for life-threatening illness, it can require significant health care and compromise a person's quality of life. During the month of April, the International Foundation for Gastrointestinal Disorders (IFFGD) joins patients, family members, and caregivers to increase public awareness about IBS and help to educate the public.

IBS, a chronic gastrointestinal disorder, involves the large (colon) and small intestines with disruptions of the intestinal/bowel (gut) function and sensation. Symptoms of IBS could include abdominal pain, bloating, cramping and changes in bowel habits.

Diet can affect the management of IBS. Symptoms can be increased by the consumption of fatty foods, caffeine and alcohol. In addition, stress, anxiety and depression can fuel IBS; this is why IBS is often called a brain-gut disorder.



Resource: <https://aboutibs.org/what-is-ibs/intro-to-ibs/tttreatment.html>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Approximately ___% of adults are affected by IBS.

**ANSWER FITBIT®
CHALLENGE HERE!**



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