

IBS Explained : Understanding Your Gut Health

Irritable Bowel Syndrome (IBS) is a common digestive disorder that affects the large intestine, causing abdominal discomfort and changes in bowel habits. While IBS is a long-term condition, it does not damage the digestive tract. Early diagnosis and lifestyle modifications can help effectively manage symptoms.

What are the common symptoms

- Abdominal pain or cramping
- Bloating and excessive gas
- Diarrhoea, constipation, or both
- Mucus in stool
- Feeling of incomplete bowel movement

What are the common triggers

- Stress and anxiety
- Fatty, fried, or spicy foods
- Dairy products (in some people)
- Caffeine and carbonated drinks
- Irregular meal timings
- Poor sleep and inactivity

How to manage IBS

- Eat balanced meals
- Stay hydrated
- Avoid trigger foods
- Exercise regularly
- Manage stress
- Get 7–8 hours of sleep



Treatment options for IBS

- Dietary changes (Low FODMAP diet, if advised)
- Medications for symptom relief
- Probiotics for gut health
- Stress management therapy

When to See a Doctor

- Blood in the stool
- Unexplained weight loss
- Severe or persistent abdominal pain
- Persistent vomiting

IBS can be effectively managed with the right combination of healthy eating, lifestyle changes, stress management, and appropriate medical care. Early diagnosis and a personalised treatment plan can help improve digestive health and overall quality of life.