

Triune Integrative Medicine Newsletter

JOIN OUR LIST

Join Our Mailing List!

Issue: #4

April/2011



Article Headline



Spring is here....finally! Time to think about healthy eating and exercise and getting in shape for all those fun activities that you are going to do this summer!

April is Irritable Bowel Awareness Month



As a person who suffers from irritable bowel on occasion, this strikes me as amusing since people with IBS are very aware that they have it. In my practice I have found that there are two kinds of people; those who get headaches with stress and those who get belly pain or IBS with stress. I am the latter.

IBS is a syndrome seen in 1 out of every 6 people in the US. People with IBS often have abdominal discomfort, bloating, diarrhea or constipation or both. It is not an inflammatory problem and should not be confused with inflammatory bowel disease or IBD. IBD includes Crohn's Disease and Ulcerative

Colitis, which are serious medical conditions that require specific medical therapies.

The important thing is to distinguish IBS from IBD. Often the only way to do that is with colonoscopy. Once serious illness is ruled out, IBS can be treated with fiber, regular exercise, dietary adjustments depending on what triggers the symptoms, medications that relax the bowel and cognitive behavioral therapy.

If you think that you may be suffering from IBS then it is time to be evaluated. It is important to make sure that your self-diagnosis is correct. Then it is time to get moving and relieve your symptoms with healthy eating, lifestyle changes and exercise.

Dr. Robin Miller
Triune Integrative Medicine