



Irritable **B**owel **S**yndrome

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Understanding Irritable Bowel Syndrome (IBS)

It has been estimated that 10-15% of the population worldwide has Irritable Bowel Syndrome and yet many people go undiagnosed because we are uncomfortable talking about bowel movements with our primary care providers. This equates to approximately 45 million people living with this GI disorder daily are in the United States alone.

An individual, once properly diagnosed can receive treatment and improve their quality of life.

The different types of symptoms and individual may have can vary based on the level of IBS they experience and these include:

1. Irritable bowel syndrome with diarrhea
2. Irritable bowel syndrome with constipation
3. Irritable bowel syndrome mixed which is both constipation and diarrhea

Symptoms of IBS include not only diarrhea and constipation, but can include bloating, abdominal pain and nausea as well.

What is IBS exactly? IBS has been characterized as a disorder with abdominal pain or discomfort and altered bowel habit. Interestingly, 2 in 3 people diagnosed with IBS are women and account for 20 – 40% of all visits to a gastroenterologist.

Each individual's reaction to IBS is unique and while one person may still be able to carry forward in their day to day operations, another individual may be home bound during an episode of IBS.

To help identify if you suffer from IBS it would help your discussion with your primary care provider if you maintained a diary for at least two weeks. This will help identify key issues that may be triggering your symptoms and potentially making your symptoms worse.

There are 4 main foods that can affect an individual's IBS symptoms and they include, caffeine, chocolate, fiber and nuts. Once you kept a diary/journal for a two week period share this information with your primary care provider so you can be properly diagnosed or have the correct tests requested.



The uncertainty of when your symptoms will occur and where, can be enough to cause anxiety and stress and avoid traveling altogether. Following these travel tips may make you more comfortable with traveling and take time away, especially with the summer month's right around the corner.

1. Allow for enough time to get to the airport on time without worry.
2. Bring an extra bag with a change of clothes in your luggage gets lost.
3. Carry a "survival Kit" with you. Carry the items in something you are comfortable with such as computer bag, briefcase, large purse, or back-pack. Always have a change of clothes with you and a supply of tissue in case the restrooms are out.
4. When traveling by plane try to sit as close to the restrooms as possible and request an aisle seat for faster access.
5. Travel by car when feasible. This will allow you to stop when necessary without disrupting fellow travelers.
6. Research the distance and travel time between destinations and exits with restrooms. Know your walking and driving routes in advance and know how to get from each point as expediently as possible.
7. Avoid lodging where multiple people utilize the same restroom and ask for early check-in if you know you will arrive to your destination early.
8. Avoid foods/beverages which are known to aggravate your symptoms and stick with foods you are comfortable with during times of travel.
9. When traveling outside of your country, know how to ask where the restroom is in the local language and have change for the countries who have pay toilets. While restrooms are typically readily accessible in the U.S., this is not always the case in other countries.
10. In the event, you need to fill prescriptions, know what may be needed in the different countries you will be visiting.
11. Divide your medication(s) into two containers; keep one in your hotel room and one with you at all times. Have your physicians contact information with you. If you are traveling internationally, it may be worth having an international cell phone or purchasing an international calling card so you can readily contact your physician if necessary.

Adding these additional travel steps may lessen your stress levels and allow you to have a more positive vacation experience and always remain flexible.

Reference:

<https://aboutibs.org/living-with-ibs/ibs-awareness-month/>

<https://aboutibs.org/living-with-ibs/travel-and-ibs/>

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QPIC Corner

Women's Health Month

Join us for FREE educational sessions presented by HealthTexas physicians on women's health; such as nutrition, exercise, mammography and more!

Saturday, May 7, 2022 from 10 am - 2 pm

HealthTexas San Pedro Clinic
Dr. Richard S. Reyna Community Center
530 San Pedro Ave. San Antonio, TX 78212

Speaker Panel

Dr. Iveth Soza - Menopause
Dr. Cynthia Gneco - Importance of a PCP & Annual Screenings
Nancy Brewington - Mental Health - Guided Meditation (Stress Prevention)
And Others

- Free Food & Drinks
- Vendors
- Raffles, Giveaways and more!

Please RSVP with
the QR code
Space is limited



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Wed 8 am – 5 pm
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Healthy Corner Recipe

IBS Healthy Recipe

<https://funwithoutfodmaps.com/low-fodmap-chicken-and-grape-salad/>

By: Em Schwartz, MS, RDN

Low FODMAP Chicken and Grape Salad

Ingredients:

- 1 lb boneless, skinless chicken breasts (or chicken thighs)
- 6 grapes – Seedless red/green grapes
- 1/4 c Walnut pieces
- 1 medium celery stalk
- ½ cup Low FODMAP mayonnaise (Hellmann's)
- 2 tbsp. Dijon Mustard
- 1 tbsp. Apple Cider Vinegar
- 2 tbsp. Chives
- Low FODMAP bread and/or lettuce leaves, for serving



Directions:

1. Cook chicken using your preferred method and let cool
2. Dice up chicken and place in refrigerator when ready to use
3. Slice grapes and celery and once ready pull diced chicken from refrigerator
4. Toss together chicken, grapes, walnuts, and celery in a large bowl
5. Whisk together mayonnaise, Dijon mustard, apple cider vinegar and 2 tbsp. minced chives
6. Address dressing to chicken mixture and toss until everything is well-coated.
7. Garnish with extra optional minced chives and serve immediately on low FODMAP toast or lettuce leaves

Notes: You can chill chicken salad in the refrigerator for 1-2 hours before serving to allow the flavors to blend together. Store in an airtight container for three days in refrigerator. Not recommended for freezing.