

LIVING WITH IBS-C

Around 20–40% of all visits to a gastroenterologist are due to symptoms caused by IBS.

Irritable bowel syndrome with constipation (IBS-C) is a common disorder that causes abdominal discomfort or bloating. It is a chronic gastrointestinal disorder that currently has no known cure. While it can be extremely uncomfortable and affect your day-to-day activities, it is not life-threatening.

01 | Signs and Symptoms

All types of IBS can cause bowel changes and abdominal pain, but IBS-C has a few more distinct symptoms. Some of the more typical signs and symptoms of IBS-C include:

- Painful bloating
- Excessive gas
- Abdominal pain and discomfort
- Infrequent bowel movements (less than three per week)
- Feeling like there's a rock or a block in your stomach
- Feeling like your bowel can't pass stools completely
- Lumpy or hard stool

02 | Causes

Although the cause of IBS-C is unknown, researchers believe there are some factors that may contribute to the condition, including:

- **Fluid absorption.** The colon may absorb too much fluid from stools which causes it to become dry, hard and more difficult to pass.
- **Nerve sensitivity.** Nerves in the intestine are extra sensitive, which causes more discomfort or pain for those with IBS-C.
- **Brain-Bowel connection.** There may be a miscommunication between the brain and the bowel.

03 | Treatments

While IBS-C has no known cure, there are still several ways you can manage, relieve and prevent IBS. The following are some methods that can have a significant positive impact on the symptoms:

- **Low FODMAP diets** — FODMAPS are hard to digest carbohydrates
- **Fiber and stool softeners** — Help regulate bowel movement
- **Probiotics** — These introduce healthy bacteria to the gut to alleviate IBS symptoms
- **Regular exercise**
- **Reducing Stress**

For more information on IBS-C and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org)

Did You Know?

People under the age of 50 are more likely to develop IBS, with females being twice as likely to develop it.

References

<https://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/symptoms-causes/syc-20360016>

<https://www.healthline.com/health/ibs-constipation#causes>

<https://www.linzeess.com/understanding-constipation/what-is-ibs-c>

<https://aboutibs.org/what-is-ibs/facts-about-ibs/>