

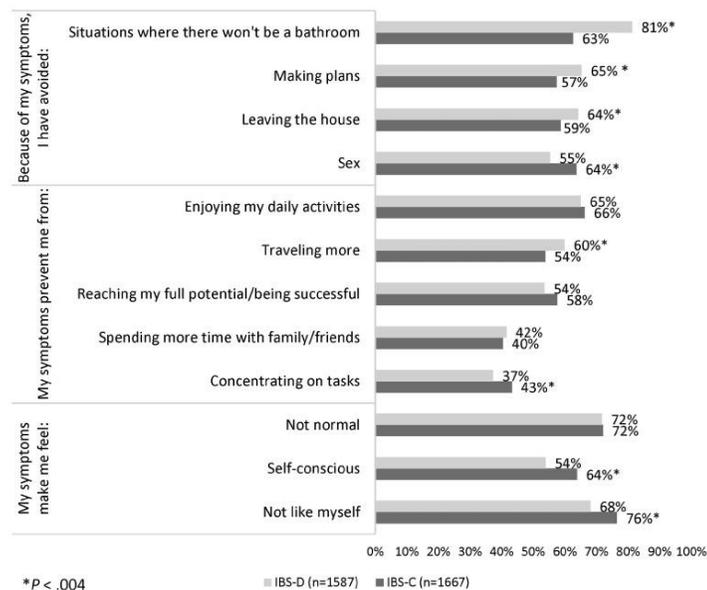
Nutritional Effects on IBS and Quality of Life

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Introduction

IBS is a gastrointestinal disorder that is functional and associated with abdominal pain, altered bowel function causing diarrhea, and constipation. Roughly five to twenty percent of the individuals globally experience IBS in some capacity. IBS is widespread amongst psychological distress such as depression, anxiety, and stress, causing a poor QoL socially, emotionally, and physically. IBS is a condition that is very common as it is uncomfortable. The severity of IBS flares can be best controlled with nutrition therapy improving quality of life. The GI disorder can be improved through nutrition by following the FODMAP diet. Nutrition secondary to stress reduction has the ability to reduce IBS severity and improve quality of life.



Individuals with IBS-C were more likely than with IBS-D to report avoiding sex, difficulty concentrating, and feeling self-conscious. Individuals with IBS-D reported more avoidance of places without bathrooms, difficulty making plans, avoiding leaving the house, and reluctance to travel.

5 - 20 %

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FODMAPS

FODMAPS stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols which some people has issues digesting.

- It causes
 - Cramping
 - Bloating
 - Diarrhea
 - Constipation
 - Gas

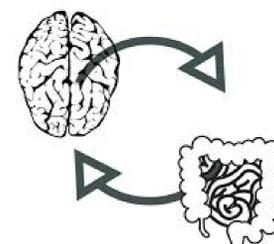


High FODMAP Foods to Avoid

- Dairy-based milk, yogurt and ice cream
- Wheat-based products such as cereal, bread and crackers
- Beans and lentils
- Some vegetables, such as artichokes, asparagus, onions and garlic
- Some fruits, such as apples, cherries, pears and peaches

Low FODMAP Foods to Consume

- Eggs and meat
- Certain cheeses such as brie, Camembert, cheddar and feta
- Almond milk
- Grains like rice, quinoa and oats
- Vegetables like eggplant, potatoes, tomatoes, cucumbers and zucchini
- Fruits such as grapes, oranges, strawberries, blueberries and pineapple



Conclusion

The results suggest that those with diagnosed IBS experienced poorer QoL compared to the undiagnosed in QoL domains (namely, sex, food avoidance, and health worry) and psychological variables (namely, pain catastrophizing, and depression) was moderated by diagnostic status. Nutrition therapy of following a low FODMAP diet can significantly improve the quality of life of those who suffer from IBS in conjunction with stress reduction. As food can directly worsen symptoms such as cramping, bloating, gas, constipation, and diarrhea. A low FODMAP diet can be easily followed with proper nutrition education and good adherence.

50 - 80%

Roughly fifty to eighty percent of clinicians including registered dietitians recommended a low FODMAP diet to IBS patients.

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