

IRRITABLE BOWEL SYNDROME

腸易激綜合症



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WHAT IS IRRITABLE BOWEL SYNDROME?

Irritable bowel syndrome (IBS) is a disorder commonly characterized by the following:

- Cramping
- Abdominal pain
- Bloating
- Constipation
- Diarrhea

IBS causes a great deal of discomfort and distress for some people. They may not be able to work, attend social events, or even travel short distances.

Fortunately, IBS does not permanently harm the intestines and does not lead to other serious diseases. Most people can control their symptoms with diet, stress management, and prescribed medications.

RISK FACTORS

You are at higher risk for IBS if you have the following:

- 35 years old or younger
- Female
- Have a family history of IBS

WARNING SIGNS AND SYMPTOMS

- Abdominal pain or discomfort that:
 - Is relieved by bowel movement
 - Changes how often you have a bowel movement
 - Changes how the stool looks
- Change in frequency and appearance of bowel movement
- Feelings of uncontrollable urgency to have a bowel movement
- Difficulty or inability to pass stool
- Mucus in the stool
- Bloating

The following have been associated with a worsening of IBS symptoms:

- Large meals
- Bloating from gas in the colon
- Certain medications
- Wheat, rye, barley, chocolate, milk products, and alcohol
- Drinks with caffeine. For example, coffee, tea, or coke
- Stress, conflict, or emotional upsets

Bleeding, fever, weight loss, and persistent severe pain are not symptoms of IBS. However, these may indicate other problems such as inflammation or, in rare cases, cancer.

DIAGNOSIS

Your doctor can diagnose IBS based with a physical examination and knowing your complete medical history that includes a description of your symptoms. Although there is no specific test for IBS, other diagnostic tests could be done to rule out other problems, such as blood test and stool test. Based on the test results, your doctor may perform further tests like colonoscopy and sigmoidoscopy.

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

TREATMENT AND PREVENTION

There are many treatment options to treat the symptoms of IBS. You can work with your doctor to find the best combination of medicine, diet, counseling, and support to control your symptoms.

Changing your diet

Careful eating can reduce symptoms of IBS. Please consult with a registered dietitian or nutritionist. They can help make changes to your diet while maintaining adequate nutrients in the foods you substitute, or take supplements for.

Diet changes include:

- Increase intake of fiber in your diet to lessen constipation
- Drink 6 to 8 glasses of plain water a day, especially if you have diarrhea.
- Drink less carbonated beverages, such as sodas
- Chew less gum. Eat more slowly. Chewing gum and eating too quickly can lead to swallowing air, which then leads to gas.
- Eat smaller meals to reduce cramping and diarrhea
- Eat meals that are low in fat and high in carbohydrates unless you have celiac disease.

Medication

Your doctor may recommend some of the following medicines to reduce your symptoms:

- Fiber supplements if increasing fiber in your meal does not help
- The right kind of laxatives to help with constipation
- Antispasmodics to help control colon muscle spasms and reduce pain



Managing stress

Stress can stimulate colon spasms in people with IBS. Stress management options include:

- Stress reduction training and relaxation therapies
- Counseling and support
- Regular exercise
- Changes the stressful situations in your life
- Adequate sleep

SOURCES

- National Digestive Diseases Information Clearinghouse
- National Institute of Diabetes and Digestive and Kidney Diseases

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什麼是腸易激綜合症？

腸易激綜合症是一種腸道紊亂，通常有以下症狀：

- 痙攣
- 腹部疼痛
- 腹脹
- 便秘
- 腹瀉

腸易激綜合症給許多人帶來極大的不適及困擾。他們可能無法上班，不能出席社交活動，甚至不能短途旅行。

幸好腸易激綜合症不會對腸道造成永久性傷害，也不會引起其他嚴重疾病。大多數人可以通過飲食、壓力管理、以及處方藥物來控制。

風險因素

以下因素會增加您患腸易激綜合症的風險：

- 年輕人（35歲或以下）
- 女性
- 家族成員有腸易激綜合症的病史

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徵兆及症狀

症狀包括：

- 腹痛或腹部不適：
 - 排便後得到緩解
 - 排便的次數改變
 - 大便的外觀改變
- 排便的頻率和外觀改變
- 感覺無法控制排便
- 無法排便或排便困難
- 大便有黏液
- 腹脹

以下情況會加重腸易激綜合症的症狀：

- 進食太飽
- 結腸氣導致腹脹
- 某些藥物
- 小麥、黑麥、大麥、巧克力、奶製品、或酒
- 含咖啡因的飲料，如咖啡、茶、或可樂
- 壓力、衝突、或者情緒困擾

腸胃出血、發燒、體重下降、持續劇痛都不是腸易激綜合症的症狀。這些症狀可能表示有其他問題，如炎症，或有極少數的可能是癌症。

診斷

醫生會根據您的綜合症狀、以往病史、及身體檢查結果來診斷您是否患有腸易激綜合症。雖然沒有具體的方法可以測試出腸易激綜合症，但可以通過某些診斷測試排除其他問題，如驗血，大便檢查等。根據檢查結果，醫生有可能會安排進一步的檢查，如結腸鏡檢查和乙狀結腸鏡檢查等。

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治療及預防

治療腸易激綜合症的症狀有很多方法。您可以和您的醫生一起尋找最佳的治療組合，通過藥物、飲食、輔導及支持去控制您的症狀。

改變飲食習慣

注意飲食可以減輕腸易激綜合症的症狀。您可以請教營養師，他們改變您飲食的同時會確保您能從替代食物中攝取足夠營養，或指導您服用營養補充品。

改變飲食包括：

- 多吃高纖維食品以減少便秘
- 每天喝 6 至 8 杯清水（特別是如果您有腹瀉的症狀）
- 少喝碳酸飲料，如汽水
- 少嚼口香糖，吃東西要慢慢吃，因為咀嚼口香糖和進食太快會吞入大量空氣，導致胃腸充氣
- 少食多餐可以減少胃腸抽筋及腹瀉
- 選擇低脂肪和高碳水化合物食物（除非您患有腹腔疾病）

藥物控制

您的醫生也許會推薦以下藥物來減輕您的症狀：

- 纖維補充藥物，如果在飲食中增加纖維食品沒有效果，該藥物將有助於減少便秘
- 適合您的瀉藥，用於改善便秘
- 解痙藥，有助於控制結腸肌肉痙攣，減少腹部疼痛。



管理壓力

壓力會刺激結腸痙攣。控制壓力的方法包括：

- 減壓練習及放鬆治療
- 輔導及支持
- 經常運動
- 改變生活中的壓力環境
- 足夠的睡眠

資料來源

- National Digestive Diseases Information Clearinghouse
- National Institute of Diabetes and Digestive and Kidney Diseases

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929). **NEMS Health Ed.-08/2021**

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).