

Mayo Clinic Minute: How to cope with irritable bowel syndrome

VIDEO	AUDIO
	"Irritable bowel syndrome is a common disorder in the United States, affecting approximately 10% of U.S. adults."
	Dr. Brian Lacy says irritable bowel syndrome, or IBS, is a chronic condition that affects the intestinal tract. It can cause painful stomach cramps, diarrhea and constipation.
Brian Lacy, M.D., Ph.D. Gastroenterology Mayo Clinic	"Patients have symptoms of disordered defecation. And that, in some patients, means constipation, skipping days without a bowel movement, straining to have a bowel movement, or diarrhea, loose, watery, urgent bowel movements."
	IBS is now categorized as a disorder of gut-brain interaction, which means that there's a problem with how the gut and brain communicate with each other. He says stress plays a key role.
	"That stress which can affect the brain, then sends signals to the gut, changing gut function and worsening your IBS symptoms."
	There's no cure for IBS, but symptoms can be managed. Try eating smaller, more frequent meals, and exercising regularly. Deep breathing and yoga are also helpful to reduce stress.
	For the Mayo Clinic News Network, I'm Sonya Goins.