

If you struggle with abdominal pain, bloating, or gas, you may have irritable bowel syndrome (IBS). At Pioneer GI Clinic in Anchorage, Alaska, the team of board-certified gastroenterologists diagnoses and treats IBS to relieve discomfort and improve your quality of life.

What is irritable bowel syndrome?

Irritable bowel syndrome, commonly called IBS, is a chronic gastrointestinal condition that causes unpleasant or embarrassing symptoms. Treatment at Pioneer GI Clinic can ease the discomfort caused by IBS.

What are the symptoms of IBS?

Symptoms of IBS can include:

- Cramping
- Bloating
- Gas
- Abdominal pain
- Diarrhea
- Constipation
- Changes in bowel patterns
- Stool changes

IBS can lead to poor quality of life and mental health problems, like anxiety and depression.

What are the risk factors for IBS?

While anyone can develop IBS, certain things increase your risk of having it. Examples include nervous system abnormalities, severe infections, stressful events, and changes in gut bacteria. Other risk factors include being younger than 50, being female, and having a family history of IBS.

Certain foods, like dairy, citrus fruits, wheat, cabbage, beans, and carbonated drinks, can trigger IBS symptoms.

How does my doctor diagnose IBS?

To find out if you have IBS and develop an effective treatment, your gastroenterologist at Pioneer GI Clinic discusses your symptoms and medical history. They check your vital signs and complete a physical exam.

They may recommend stool tests, X-rays, CT scans, a colonoscopy, an upper endoscopy, or tests that detect lactose intolerance and bacterial overgrowth.

A colonoscopy is a procedure used to examine the lower part of your digestive tract, and endoscopy is used to obtain an in-depth view of your upper digestive tract and take tissue samples (biopsies) when needed.

How is IBS treated?

Common IBS treatments include:

Lifestyle changes

Home remedies you can try to ease IBS symptoms include:

- Slowly increasing fiber in your diet
- Trying fiber supplements if recommended by your doctor
- Avoiding trigger foods
- Eating at regular meal times

Also, make sure that you get out and enjoy regular exercise.

Medications

Medications designed for people with IBS can reduce unpleasant symptoms and give you a better quality of life.

Don't live with the bloating, gas, or other unpleasant and embarrassing symptoms of IBS. Schedule an evaluation today at Pioneer GI Clinic by calling the office.