



## Living with IBS?



If you have IBS (irritable bowel syndrome), you are not alone. An estimated 13 to 20% of the population is affected by IBS.\* This is a common gastrointestinal disorder that is characterized by symptoms of abdominal pain and/or discomfort associated with altered bowel habits.

\*IBS Global Impact Report, 2017

### A few fast facts about IBS...

- The exact **cause of IBS remains unknown**
- IBS **does not lead to cancer** or other more serious illnesses.
- IBS affects significantly **more women** than men and can affect anyone from children to elders.
- **Stress can have an impact** on symptoms.
- There is some evidence to suggest a diet low in poorly absorbed carbohydrates (FODMAPs) and a gluten free **diet may help manage IBS**.
- IBS may be categorized into four groups: **IBS-C, IBS-D, IBS-M** and **unsubtyped IBS**.

While IBS is non-life threatening, the impact on quality of life is significant. Talk to your pharmacist or doctor about your condition. Our free education guide can help you understand IBS to **start feeling better today!**

## Managing IBS Symptoms

There is no single treatment known as being universally applicable to the management of IBS. However, there are several strategies that may help reduce your symptoms. **First up, try these dietary/lifestyle modifications:**

- Boost your fibre intake
- Limit caffeine intake
- Eliminate foods that worsen your symptoms
- Manage stress
- Get plenty of rest
- If you need to have a bowel movement, don't hold it!





If proactive strategies to manage your IBS are not providing relief, speak to your physician or pharmacist. He/she may be able to suggest safe, effective over-the-counter or prescription treatments. Over-the-counter options include:

- Peppermint oil and other products that reduce muscle spasms, abdominal pain and cramping
- Probiotics specifically approved for IBS
- Products to relieve diarrhea and constipation

**[Download and share our infographic for more ways to manage your IBS.](#)**

**IBgard**

A new natural health product clinically proven to help relieve *Irritable Bowel Syndrome (IBS)*.

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## IBS - Can Probiotics Help?

Probiotics are friendly microbes - like bacteria and yeast, that you eat to help digest food, maintain health and prevent disease.

Probiotics are often used by those with IBS. Some probiotics and functional foods have good evidence for relieving symptoms of IBS and improving quality of life in these individuals. They have been shown to improve overall symptoms, bloating, and flatulence in IBS.



### Examples of probiotic used in IBS

Product	Microbial Strain	Dose
<b>Activia</b> probiotic yogurt Guyonnet et al 2007	<i>B. (animalis) lactis</i> CNCM I-2494 1B bacteria per pot	One to three pots daily
<b>Align</b> Whorwell et al 2006 O'Mahoney et al 2005	<i>Bifidobacterium infantis</i> 35624; 1B bacteria per capsule	One capsule daily
<b>TuZen /Dig.Care Daily</b> Niedzielin et al 2001	<i>Lactobacillus plantarum</i> 299v 10B bacteria per capsule	1-2 capsules daily
<b>IBSium</b> Pineton et al 2015	<i>Saccharomyces cerevisiae</i> I-3856 40B CFU capsule	One capsule daily

Healthy Gut Summit

**[Watch Clinical Pharmacist, Dragana Skokovic-Sunjic's special presentation now.](#)**

abdominal pain?  
bloating?  
constipation?  
diarrhea?

**Tried everything?**  
Relief is possible.

Ask your doctor about prescription treatment options for your specific symptoms of irritable bowel syndrome.

**No one treatment works for everyone** and treatment will depend on the types of symptoms you have, their severity and how they affect your daily life. It's important for you and your doctor to work together to determine what triggers your symptoms and to find the right treatment to help you live your life – your way, despite having IBS.

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- 50 mile ride on Sat. Sept. 17
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- 160 km Sun. July 9

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Interested in learning more about one of our RISE events? Email [Kelsey@CDHF.ca](mailto:Kelsey@CDHF.ca)



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