

Mayo Clinic Medical Edge

What is Irritable Bowel Syndrome?

1:00

Log

Audio

| | |
|--|---|
| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE. |
| | WE'VE ALL HAD A STOMACH ACHE AT ONE TIME OR ANOTHER. BUT CAN YOU REMEMBER YOUR WORST STOMACH ACHE EVER? NOW IMAGINE THAT HAPPENING OVER AND OVER, SEVERAL TIMES A MONTH. SOUND LIKE A NIGHTMARE? FOR MANY PEOPLE WITH I-B-S OR IRRITABLE BOWEL SYNDROME IT'S A FACT OF LIFE. |
| Jean Fox, M.D. Track 1 (6:13) | "ABDOMINAL PAIN... DIARRHEA OR A CONSTIPATION OR SOMETIMES PEOPLE ALTERNATE BETWEEN DIARRHEA AND CONSTIPATION." |
| | AND ACCORDING TO MAYO CLINIC |

| | |
|---|--|
| | <p>DR. JEAN FOX, IT'S ALSO PRETTY COMMON, AFFECTING AS MANY AS ONE IN FIVE PEOPLE. DR. FOX SAYS I-B-S IS A FUNCTIONAL BOWEL DISORDER. THAT'S WHEN SYMPTOMS CAN'T BE EXPLAINED WITH DIAGNOSTIC TESTS. BUT THE PAIN IS REAL.</p> |
| <p>Dr. Fox Track 1 (6:36)</p> | <p>"SYMPTOMS CAN BE SEVERE ENOUGH THAT SOMETIMES PEOPLE MISS WORK OR MAY LIMIT THEIR SOCIAL INTERACTIONS."</p> |
| | <p>BECAUSE WE DON'T KNOW THE CAUSE, WE CAN'T CURE I-B-S. BUT THERE ARE A NUMBER OF MEDICATIONS AVAILABLE THAT CAN HELP EASE SYMPTOMS AND MAKE LIFE MORE BEARABLE.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p> |
| | |

| | |
|--|--|
| | |
| | |