



HOT GIRLS HAVE IBS

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IRRITABLE BOWEL SYNDROME

- APPROPRIATE WORK UP FOR CONFIDENT DIAGNOSIS
- BASIC MANAGEMENT
- BENEFITS OF THERAPEUTIC COMMUNICATION



WE LOVE REFERRALS



IBS



IRRITABLE BOWEL SYNDROME is a functional abdominal syndrome

- Symptoms are real (and sometimes profound)
- Unrelated to another diagnosis or underlying pathology

ROME IV CRITERIA

- Abdominal pain at least one day/week for at least three months
- Two out of three;
 - Pain related to defecation
 - Associated changes in stool frequency
 - Associated changes in stool form or appearance

PREVALENCE



Impacting up to 20% of the population
More common in women than men
More common in transgender or nonbinary than cisgender
High rate of absenteeism

Wooten et al. Journal of the American Medical Association. 2018;319(10):1101-1108. doi:10.1001/jama.2018.1101.1108

EVALUATION

Serum labs

- CBC, CMP, TSH, TTG/IGA, IGA

Stool testing

- Infectious etiology, fecal calprotectin

Imaging

- XR or CT for patients with constipation

Endoscopy

- Age appropriate screening for colorectal cancer

RED FLAG SYMPTOMS

Age of onset
Nocturnal defecation
Melena or hematochezia
Progression of symptoms
Unintentional weight loss
Family history

[Halvorsen HA, Schlett CD, Riddle MS. Postinfectious irritable bowel syndrome—a meta-analysis. Am J Gastroenterol. 2006; 101:1876.](#)

MANAGEMENT

Food intolerance

- Avoidance of food triggers including FODMAPS, cruciferous vegetables
- Adding probiotics (especially for constipation predominant or mixed IBS)
- Supplemental fiber – Metamucil or psyllium fiber

Medication

- Options for symptom management

[Foster A, Sapsis G, Cheng H, et al. Evidence-based guidelines for treatment of irritable bowel syndrome and functional abdominal pain and other enteric disorders in children and adolescents. J Clin Child Psychol Psychiatry. 2015; 54:100.](#)



FUNCTIONAL ABDOMINAL SYNDROMES

Irritable bowel syndrome
Functional abdominal pain syndrome
Functional dyspepsia



MANAGEMENT

Stress response

- Physical activity
- Sleep hygiene
- Meditation
- Stress reduction

Medication

- Options for mood management

[Gallelli M, Di Lorenzo A, Di Lorenzo M, et al. Treatment of irritable bowel syndrome: a systematic review. Am J Gastroenterol. 2015; 110:100.](#)

[Foster A, Sapsis G, Cheng H, et al. Evidence-based guidelines for treatment of irritable bowel syndrome and functional abdominal pain and other enteric disorders in children and adolescents. J Clin Child Psychol Psychiatry. 2015; 54:100.](#)



THERAPEUTIC COMMUNICATION

Validation
Therapeutic alliance
Realistic expectations
Empowerment

[Dwern DM, Nelson DK, Talley NJ. The irritable bowel syndrome: long-term prognosis and the physician-patient interaction. Ann Intern Med. 1995; 122:107.](#)

THANK
YOU!

What questions do you have?

