The background of the slide features a dense pattern of small, light blue water droplets on a slightly darker blue surface, creating a textured, moist appearance. This pattern is centered within a solid, bright cyan border that frames the entire slide.

Irritable Bowel Syndrome

Definition

A condition of abnormally increased spontaneous movement (motility) of the small and large intestine, generally exacerbated by emotional stress.

Causes, Incidence, and Risk Factors

- Irritable bowel syndrome is characterized by a combination of abdominal pain and altered bowel function.
- The cause is a disturbance in the muscle movement in the large intestine with an absence of pathology.

- The condition occurs more frequently in women and usually begins in those between 20 and 30 years old.
- Predisposing factors may be a low residue diet, emotional stress, bowel consciousness, and use of laxatives.
- The incidence is 5 out of 1000 people.

Symptoms

- alternating diarrhoea/constipation for 6 months or more
- abdominal pain
 - following meals
 - relieved by bowel movement
 - intermittent
- abdominal tenderness
- Feelings of fullness, gaseous, bloating

Symptoms Continued

- abdominal distension
- nausea
- vomiting
- loss of appetite
- emotional distress
- depression

Signs and Tests

- Diagnosis based on clinical presentation
- Tests usually reveal no abnormalities

Treatment

- Treatment is aimed at symptom relief.
- Changes in diet may or may not help alleviate symptoms in patients.
- Increasing dietary fibre and eliminating gastrointestinal stimulants such as caffeine may be beneficial.

Other possible treatment may include:

- Anxiety reducing measures, such as regular exercise.
- Anticholinergic medications before meals.
- Counselling in cases of severe anxiety or depression.

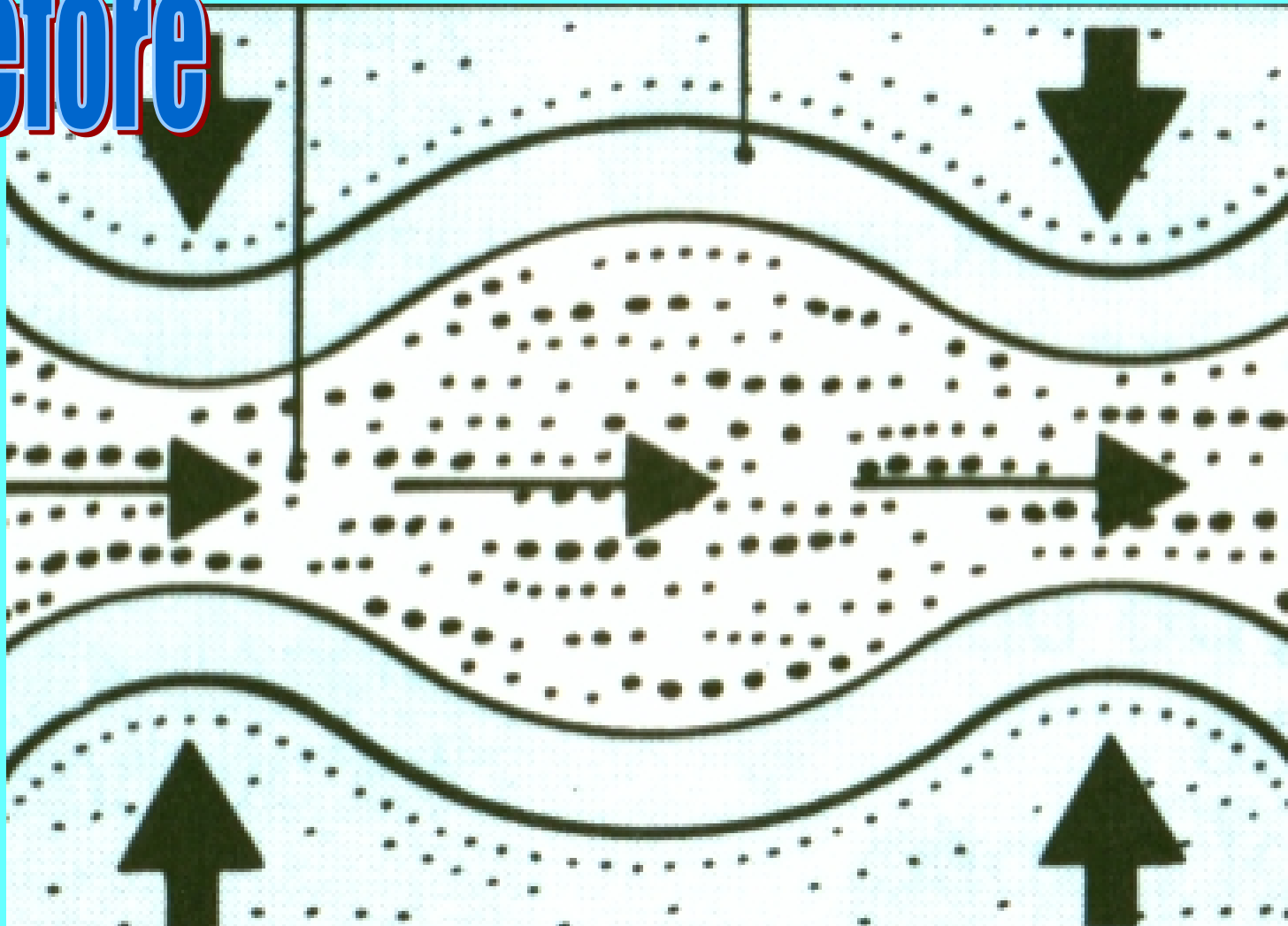
Anticholinergics

- Antispasmodic drugs reduce the nerve transmission to the gut wall, thus prevent spasm.
- Atropine
 - Lomotil
- Dicyclomine
 - Diarrest

Antidiarrhoeal Drugs

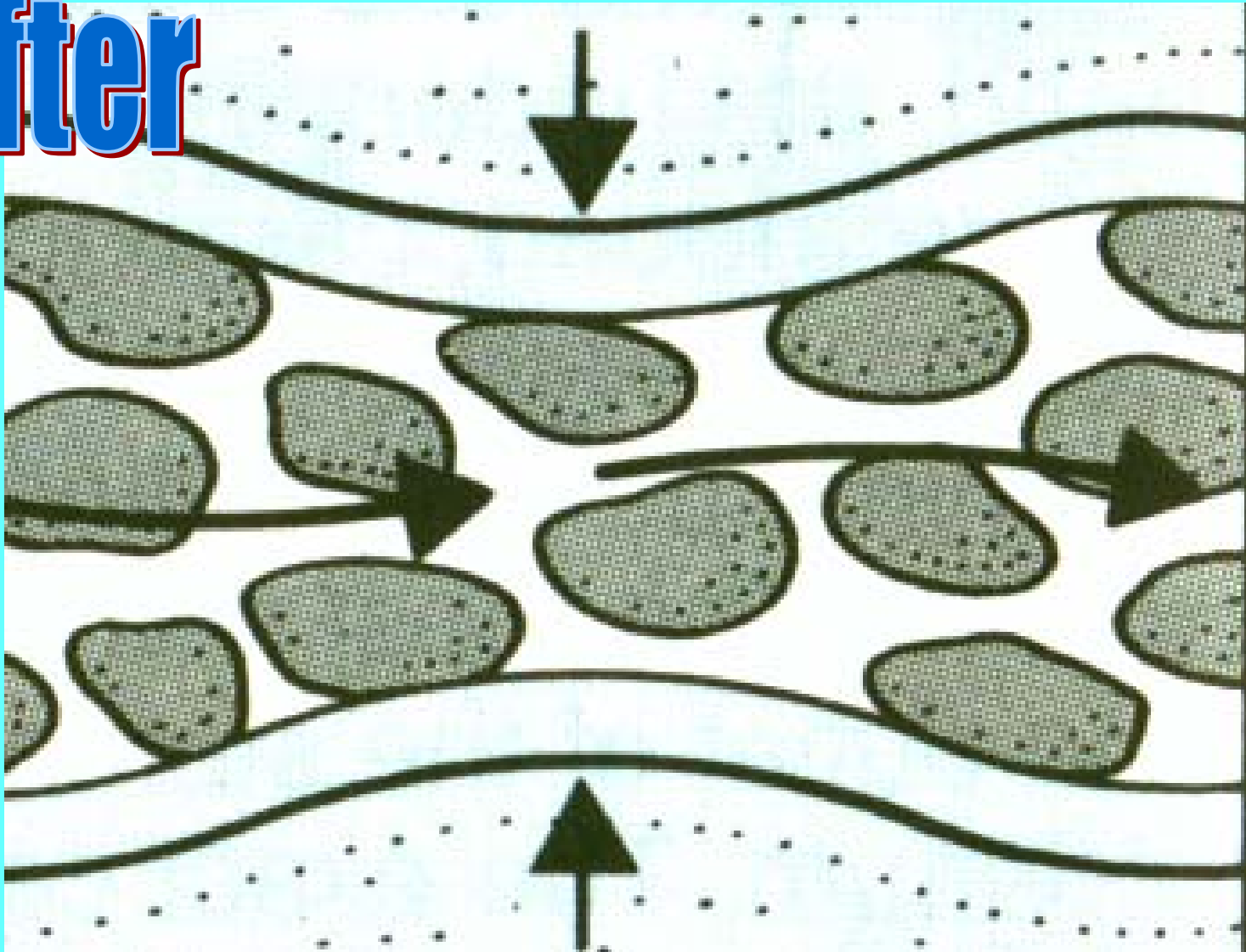
- Their purpose is fairly obvious, two types are typically used.
- Narcotic Antidiarrhoeal
 - Codeine (multiple preparations)
- Bulk-forming
 - Methylcellulose (Celevac, Cologel)

Before



Before drug is administered intestinal rush is seen with insufficient water absorption.

After



Slowed bowel action allows water to be absorbed.

Prognosis

Irritable bowel syndrome may be a life-long chronic condition, but symptoms can often be improved or relieved through treatment.

Osteopathic direct technique on the gut wall and AP work on the coeliac plexus can be beneficial.

Complications

- Pain
- Dehydration
- Malnutrition/Mal-absorbtion
- Depression

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