

# The Best Treatment For IBS - Coping with Constipation caused by IBS

**I**rritable Bowel Syndrome, whilst not life threatening, can be debilitating. People can suffer different symptoms and experience different degrees of discomfort. There is no one-off miracle cure; however most people respond well to treatments, be it lifestyle changes, improvements in diet or medication. The secret is to understand your IBS, and to work out what is the best treatment(s) for you.



IBS is a tough illness to manage, and people suffering from it are often desperate enough to try any new solution that they hope may cure the disease. Nevertheless, the condition is persistent in nature, and no single solution or abstaining from certain substances and foods can completely cure it. It is vital for people to recognize these facts so as not to be misled by the claims of complete cure of this illness.

## Menopause

Bloating occurs even during menopause, due to water retention, accumulation of gas or a combination of both. Some females may experience bloating for a few days and then not again for a year, while others may experience it on and off for several months at a stretch. Variation in hormone levels is what conduces to bloating during menopause. With rising levels of estrogen in the body, water retention boosts, which ultimately leads to bloating. Moreover, when the estrogen levels fall, bile production is decreased, which also results in **constipation** and bloating.

## Connection to Colon Cancer

Pain in the left side of the abdomen, specially in older people, send many into panic. Could the discomfort indicate colon cancer? Persistent pain in the abdomen may or may not be a sign of colon cancer. Nevertheless, if it continues for more than a week, it should definitely be referred to a doctor. In case one is suffering from colon cancer, abdominal pain might be accompanied by one or more of the following symptoms: Colon cancer can be easily treated if it is identified in the early phases. Nevertheless, the problem is that the early signs of colon cancer are not popular, and people generally associate them with tension and anxiety.

## After You Have Eaten a Meal that Your Belly Cannot Handle, It can Bug Your Digestion

This will cause swelling of the lower bowel as well as other bowel dysfunctions. If you're not pleased with your meal then you will just eat again after a couple of hours. It's much better to eat a few small meals than taking one huge serving. Stay away from food that will upset your gut There are a few things that might hurt your belly.

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**Signs of Liver Problems** Liver, one of the vital body organs, is located in the thoracic region of the abdomen below the diaphragm. It regulates blood volumes and blood clotting. It plays an important role in blood purification too. It is responsible for bile production and...

## Cauda Equina Syndrome

Results due to spinal defects or spinal injuries. It affects the bundles of nerve roots in the spine, called cauda equina, and trigger intense pain, numbness, weakness, incontinence, sexual dysfunction, and sometimes may even cause paralysis.

- Treatment - the main objective of the treatment is to manage the swelling, and manage the signs.
- For this, anti-inflammatory drugs, and medication to manage diarrhea, and pain are usually recommended.
- Antibiotics could also form a part of the treatment to control or prevent infections.
- If conservative treatment options come of no help, then surgery to eliminate the entire colon and rectum could be recommended.

## Other Causes

Other possible causes of diarrhea and stomach ache are allergic reaction to certain medications, food poisoning, food allergies, gluten allergy, etc. In some cases, parasitic infections can also cause stomach ache and diarrhea at the very same time.

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