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Chapter 3: IBS: A Common Digestive Disorder—Internet Activity

In addition to the digestive disorders mentioned in your textbook, there's a very common one experienced by many people. It's called irritable bowel syndrome (IBS). According to the Mayo Clinic, up to one in five American adults have IBS, and this disorder accounts for more than one out of every ten doctor visits. Although many people deal with the symptoms of IBS, they often find it uncomfortable to discuss.

To learn about IBS, go to the links below and read the information. Then answer the questions that follow.

http://digestive.nidk.nih.gov/ddiseases/pubs/ibs_ez/index.htm

<http://www.mayoclinic.com/health/irritable-bowel-syndrome/DS00106>

Activity Questions:

1. What is irritable bowel syndrome, and what are the main symptoms?

2. What causes IBS?

Name _____ Date _____

3. A colonoscopy is a test used by doctors to check for colon cancer and other diseases. It is also one of the tests that can be done to check someone who may have IBS. How is this test done? See the link below to learn about the test.

<http://www.nlm.nih.gov/medlineplus/ency/article/003886.htm>

4. What actions can be taken to prevent or relieve the symptoms of IBS?

5. What role does fiber play in managing the symptoms of IBS?