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## **Irritable Bowel Syndrome (IBS)**

Irritable Bowel Syndrome (IBS) is a common disorder. It affects the large intestine and can cause bloating, abdominal cramping and a change in bowel habits. Some patients with IBS have constipation while others have diarrhea. It is a chronic condition that you will need to manage. IBS does not cause changes in the bowel tissue and does not increase your risk of colorectal cancer. Only a small number of people with irritable bowel syndrome have severe signs and symptoms.

IBS is common and more frequently affects women than men. No one knows the exact cause of IBS. Only a small number of people with irritable bowel syndrome have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Others will need medication and counseling.