



Making Sense of IBS: A Physician Answers Your Questions about Irritable Bowel Syndrome (A Johns Hopkins Press Health Book)

Brian E. Lacy

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IBS, which affects almost one in six Americans, is characterized by abdominal pain, bloating, gas, and diarrhea or constipation. Today more than ever before, physicians are able to diagnose this complex disorder, understand and explain its origins, and develop a treatment plan that effectively meets the individual needs of a patient.

Drawing on his many years of experience treating people who have symptoms of IBS, Dr. Brian E. Lacy explains normal digestion, the causes of IBS, how IBS is diagnosed, and what to expect with treatment. He also explores special topics such as IBS in children and psychological, hypnotherapeutic, and psychiatric therapies. Important new information in the second edition includes• The roles of fiber, gluten, lactose, and fructose in the development and treatment of IBS• The use of probiotics and antibiotics to treat IBS• Similarities and differences between IBS and inflammatory bowel disease (IBD)• The relationship between small intestine bacterial overgrowth and IBS• How to make the most of your visits to a gastroenterologist• Lifestyle modifications that can improve symptoms of IBS

Making Sense of IBS is an essential resource for anyone who has symptoms or a diagnosis of IBS as well as for health professionals who treat people with this complex disorder.

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