



Secure Tomorrow

Minet

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# IRRITABLE BOWEL SYNDROME (IBS)

IBS is a chronic gastrointestinal disorder of unknown cause.

## SYMPTOMS

- Abdominal pain or cramping
- Diarrhoea or constipation; often alternating
- Gas (flatulence)
- A bloated feeling
- Feeling that a bowel movement is incomplete
- Mucus in the stool

\*To meet the definition of IBS, symptoms must occur at least 3 days a month.

## Prevention and Management

- **Drink plenty of water** every day to reduce gas, bloating and constipation.
- **Avoid 'problem' foods** that worsen your symptoms such as caffeinated beverages (sodas and coffee), dairy products, fatty foods and heavy legumes such as beans that cause gas/flatulence.
- **Do not skip meals.** Eat about the same time each day to help regulate bowel function.
- **Exercise regularly** to stimulate normal contractions of your intestines.
- Use Over-the-counter remedies with caution. If symptoms do not go away, **check with your doctor.**

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