

Title:

Coping With Constipation Caused By IBS

Word Count:

601

Summary:

Irritable Bowel Syndrome with constipation is a treatable medical condition. It is characterized

IBS with constipation is common to a number of people. Getting accurate information on what causes

It is not really clear why some people develop IBS with constipation while others do not. IBS

Keywords:

Article Body:

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It is not really clear why some people develop IBS with constipation while others do not. IBS

IBS with constipation may also be affected by diet and disease. Most constipation cases are due to

Diet is partially to be blamed for the occurrence of constipation especially for people over 60

Teenagers or younger people are also at risk of IBS with constipation; in fact, a great number of

There is still no specific cure for IBS with constipation however there are proper treatments

For symptoms that are transient and only happen occasionally, no special treatment may be needed

The first treatment calls for lifestyle changes. This means recognizing and dealing better with

Fiber in diet is also excellent in controlling IBS with constipation. The dietary fibers are known

Medications are applied for patients that have severe and recurrent symptoms of IBS with constipation

Psychotherapy is also applied to some IBS cases since stress sometimes affects bowel movement.

If you suspect you are suffering with IBS, you should first consult your primary care physician

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