

3 Common Issues Misdiagnosed As IBS

Description

Irritable Bowel Syndrome, or IBS, is a common, long-standing condition that affects the digestive system. Its typical symptoms are abdominal pain as well as irregular patterns of bowel movements. As a result, IBS is perceived as a functional gastrointestinal disorder that can be triggered by a variety of factors. However, it can be often misdiagnosed when a specific pattern of complaints leads to similar symptoms. The bottom line is that if youâ€™re struggling with abdominal pains throughout the day, it might not be IBS. In fact, in our fast-paced environment, there are other causes of acute pain attacks that subside within a day or so.

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[Stress, courtesy of flickr](#)

You™re stressed out

Stress can be a trigger for IBS, but, more often than not, the absence of stress management can lead to the development of a chronic condition. Indeed, stress can affect your [digestion and gut health](#). Your brain controls the gut via the nervous system. When you are going through a hectic time, your gastrointestinal system responds to reactions in your nervous system, which impacts the effective release of enzymes to break down food or the categorization of nutrients. As a result, you can experience indigestion, difficult bowel movements, acid reflux, etc. Managing stress can prevent it from triggering IBS in the future.

You don™t look after your diet

We get it. You™re busy. You don™t have time to think about what you™re eating when you have a family. Consequently, you [indulge in food](#) that makes you happy. Your diet is not a top priority. You want food to create pleasure; however, you forget how it can affect your body. Unhealthy food clogs your arteries. Junk food [destroys the microbiome](#) in your gut. While you can have a cheat day here and then, you shouldn™t make it a habit!

You™ve got a food intolerance you don™t know about

Most people know about food allergy. However, food intolerance can be left unnoticed in minor cases. For instance, a minor lactose or gluten intolerance can not interfere with your diet in distinct ways. You might experience some abdominal discomfort as your body tries to digest the food, which can be wrongly attributed to IBS. To identify potential triggers, consider reaching out to companies like [Advanced Food Intolerance Labs](#), who can provide tests to pinpoint specific food intolerances, and help you adjust your diet for better health.



[Milk and cookies, courtesy of Maxpixel](#)

How to tackle the issue?

Ultimately, you need to book an appointment with a specialist of gut health, a [gastroenterologist](#), to make sure that your abdominal pains receive the attention they deserve. If youâ€™re worried about a gastrointestinal condition, a specialist will be able to help you understand what is going on. More importantly, they will have the equipment you need to run tests and provide a safe diagnosis. In other words, not every tummy pain is IBS!

What to do before you see a doctor?

However, before you book an appointment, itâ€™s a good idea to [keep a health journal](#) that lets you track what you eat, how you feel, and significant elements of your routine. This can be a helpful background to understand the cause of your pain. Additionally, it can highlight patterns you might not have noticed, such as how your meal or emotions affect your gut health.

IBS affects 15% of the population. However, it is often misdiagnosed in individuals who have not expressed abdominal concerns in the past. You can avoid extensive tests by listening to your body and recognizing the signs of stress, unhealthy diet habits, and food intolerance.

Date Created

2019/03/01