

Worthington Health Office News:

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The facts on Irritable Bowel Syndrome

The facts

IBS is a chronic gastrointestinal disorder of unknown cause

IBS affects **35,000,000** people in the US

That's about **15%** of the population

1 in 7 Americans lives with IBS

2 out of every 3 IBS sufferers are women

Symptoms

Abdominal pain or cramping
Diarrhea 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

Vitamin D and IBS

Did you know a recent study reports that high dose **vitamin D3** improves IBS symptoms in IBS sufferers

but how?

IBS is thought to be an **autoimmune disease**, which causes your immune system to **attack** your body's healthy tissue

Vitamin D is essential for a healthy immune system

Vitamin D is also important for **balance** of the intestinal mucosal barrier, which **doesn't function** correctly in those with IBS.

IBS Awareness Month

Did you know April is IBS Awareness Month?

How can I help?

Educate yourself and discuss your knowledge on the topic

Spread the word about IBS on social media or with a local news outlet

Be active and tell your legislators that research on intestinal health is important

If you have IBS talk to others! Hiding your condition causes stress which can exacerbate symptoms

References:
1. Facts about IBS. International Foundation for Functional Gastrointestinal Disorders. March 31, 2013.
2. IBS Awareness Month. International Foundation for Functional Gastrointestinal Disorders. March 31, 2013.
3. Sprake EF, Grant VA, Cerge BM. Vitamin D3 as a novel treatment for IBS, single case leads to critical analysis of patient centered data. BMJ case reports. 2012.
4. Symptoms. Irritable bowel syndrome. Mayo Clinic. March 30, 2013.

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DON'T SUFFER IN SILENCE...TALK TO YOUR DOCTOR

10 FOODS TO EAT... AND 10 TO AVOID

Foods that IBS sufferers find most helpful:

- Fish
- Green vegetables
- Non-citrus fruit
- Rice
- Brown bread
- Yogurt
- Cereals
- Pasta
- Bran
- Bananas

Foods that IBS sufferers avoid most:

- Spicy foods
- Citrus fruits
- Cheese
- Onions and leeks
- Chocolate
- Nuts
- Beef
- White bread
- Eggs
- Dairy products

