

# 肠易激综合症 ( IBS )

## Irritable Bowel Syndrome (IBS)

With irritable bowel syndrome, or IBS, the colon, also called the large intestine or large bowel, is more sensitive than normal. The colon overreacts to medicines, food such as chocolate, milk products, alcohol, caffeine and stress. It is seen in men and women but it is more common in women, and it often occurs in people under age 45.

肠易激综合症 ( IBS ) 患者的结肠 ( 也称为大肠 ) 比正常人更敏感。患者的结肠对药物、食物 ( 例如巧克力、奶制品、酒精、咖啡因和压力 ) 反应过度。男性和女性均有可能出现这种问题，但女性更常见，尤其是 45 岁以下人群。

### Signs of IBS

- Cramping pain
- Gas
- Bloating
- Constipation
- Diarrhea
- Mucus with bowel movements

### IBS 症状

- 绞痛
- 排气
- 腹胀
- 便秘
- 腹泻
- 排便时粘液

### Your Care

IBS is often diagnosed after checking for other illnesses. You may have:

- An exam
- Lab tests of blood and stool
- A test to look inside the colon

### 医疗护理

通常在检查其他疾病后才会发现 IBS。您可能需要：

- 体检
- 化验血液和粪便
- 检查结肠内部

It may take some time, but you will find the ways that work best to manage your IBS.

You may need to:

- Avoid the medicines, food and stress that worsen your signs.
- Eat a high fiber diet. High fiber foods include wheat bran, whole grain breads and cereals, peas and beans, nuts, and fresh fruits and vegetables.
- Take medicine to decrease colon cramping.

Talk to your doctor or nurse if you have any questions or concerns.

这可能需要一些时间，但最终都可以找到控制 IBS 的最有效方法。您可能需要：

- 不要食用导致症状恶化的药物和食物，避免出现紧张压力。
- 摄入高纤维饮食。高纤维食品包括麦麸、全麦面包和谷物、豌豆和豆类、坚果以及新鲜水果和蔬菜。
- 服药以减少结肠绞痛。

如果有任何疑问或担心，请咨询医生或护士