HEALTH TALKS
engage your mind
2018-2019
7:00 PM - 8:30 PM | REH-FIT CENTRE
1390 TAYLOR AVENUE | WINNIPEG, MB

WHAT YOUR GUT IS TELLING YOU
Irritable Bowel Disease

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Exactly what is IBS?

• Common condition affecting mostly women
• Symptoms are variable but they reflect altered gut movement (motility) and sensation
• Commonly experienced symptoms
  ▪ Bowel irregularity
  ▪ Pain
How do you know I have that?

- Clinical diagnosis
  - Established on the basis of recognition of stereotypical features
  - Absence of structural disease
  - Studies demonstrate high reliability of Rome criteria with blood, endoscopic or imaging highly unlikely to change the diagnosis
IBS

• Bowel irregularity
• Abdominal discomfort/pain associated often improved with defecation
• Bloating
• Sense of incomplete evacuation
• Mucous in the stools
• Continuous or off and on for a long time
IBS - Pathophysiology

- Increased motor reactivity
- Altered visceral sensation
- Involves small and large intestine
- CNS - ENS dysregulation
IBS – Treatment

W Manishen, MD, FRCPC
Lecturer, Section of Gastroenterology, U of MB
• IBS \(\rightarrow\) 12 weeks abd pain, change frequency/form of stool, relieved by BM, passage of mucous, urgency
• IBS-C Constipation <3BM/wk
• IBS-D Diarrhea >3BM/day
• Chronic Abdominal Pain- Bloating, Distension
  - Brain-Gut Axis
  - Prebiotics
  - Probiotics
  - Diets: Lactose Free- Gluten Free, Low FODMAP
• Post Infectious IBS
  - after travellers diarrhea, pepto-bismol, vaccine/Dukoral
IBS-Constipation

- Fiber 20-35 g/d
- Soluble – psyllium (Metamucil) with water++
- oatmeal, legumes (peas, beans, lentils), oranges, apples, carrots, nuts, blueberries, beans, bananas, whole wheat flour, asparagus
- Insoluble fiber: bran, cellulose, lignans, brown rice, seeds and skins of fruit, flax seed, chia seed
- Above fiber can act as ‘prebiotic’ fertilizer for good bacteria
IBS-Constipation

- Stimulant Laxatives: Senokot, Dulcolax/bisacodyl
- Stool softeners: Docusate, Colace
- Polyethylene Glycol powder: Restoralax, Lax-a-day
- Other laxatives: Olive Oil, aloe vera, Milk of Magnesium
- Rx: Constella, Prucalopride, Lactulose
IBS- Diarrhea

• Metamucil/Psyllium 1tsp at night in an 8oz glass of water: Bulk forming laxative, more complete emptying in am, less residual stool left in colon,
• Anti-spasmodic meds: Dicetel (pinavarium), Buscopan (hyoscine)
• Pepto-bismol (bismuth)
• Imodium (loperamide), codeine, lomotil, cholestyramine
Chronic Abdominal Pain

• Bloating: avoid food triggers or gas promoting foods: cabbage, cauliflower, turnip, onions, refined white starchy foods with poorly digested carbohydrates (High FODMAP), beans, lentils, nuts, broccoli
• Lactaid enzyme replacement (lactose intolerance)
• Diovol-plus, Ovol 180 Gas-X (Simethicone)
• Activated Charcoal tablets
• Peppermint (tea), peppermint capsules
• Ginger
• Probiotics; “friendly bacteria”
Probiotics

• ‘Friendly’ bacteria may help digestion, flora
• Bifido-bacteria species reduces bloating
• Yogurt, kefir, (yogurt-like drink)
• Fermented foods, sauerkraut, tempeh
• However, magnitude of viable bacteria often uncertain and less than needed, plus effects may be short lived, may not alter bowel flora, costly
• Main use is for prevention of antibiotic induced diarrhea, C. difficile infection
Diets

- Gluten-free: Celiac disease-immune reaction to protein in wheat causing mucosal damage to intestine, gas production, pain, diarrhea and malabsorption of calcium, iron. Diagnosed by blood test or biopsy, 35,000 patients dx in Canada, another 300,000 undiagnosed

- Gluten sensitive/mild celiac; 7M gluten avoiders (C$90M)

- U.S. $4.2B market for gluten free foods
Diets

• Low-FODMAP: Fermentable, Oligo-Di-Mono-saccharides and Polyols) avoid fructose (apples, pears, corn syrup, mild/dairy, cabbage, artichokes, grains, wheat.

• Avoid Polyols: bulk sweetener also in stone fruits, cherries, peaches, pears, plums, cauliflower, mushrooms, pumpkins to reduce bloating, alter bacterial flora
Gut-Brain Axis

• Stress-related visceral hypersensitivity
• Stress reduction techniques can help reduce/cope with IBS symptoms
• Mindfulness
• Psychotherapy/cognitive behavioral therapy – treat associated anxiety/depression
• Exercise
• Anti-depressants (IBS-D), control pain
• Anti-anxiety treatment
• hypnotherapy