

Living With Digestive Problems?



Are digestive symptoms a frequent part of your life? If they are, they may not have to be. Tens of millions of Americans suffer from bloating, gas, diarrhea, loose stools, urgency, or abdominal pain. These symptoms can be uncomfortable, painful, inconvenient, and even embarrassing. Eliminating chronic digestive problems starts with figuring out why the symptoms are happening in the first place.

Did You Know?

Medical research has shown that Small Intestinal Bacterial Overgrowth (SIBO) can cause IBS symptoms in as many as 84% of cases. SIBO happens when bacteria overgrows in the small intestine, where it's not supposed to be. The effect is frequent digestive symptoms as well as some potentially serious consequences:

- Bacterial migration to other organs and parts of the body
- Increased inflammation
- Intestinal damage
- Nutrient deficiencies

Who's at Risk?

SIBO is more common in the elderly and in those taking heartburn medications. It's also more common in those who've been diagnosed with IBS, fibromyalgia, diabetes, interstitial cystitis, rheumatoid arthritis, celiac disease, kidney disease, cirrhosis and hypothyroidism.

Recent studies show fructose malabsorption can affect as much as 38% of those suffering with IBS-like digestive problems and is often associated with depression. Once diagnosed, patients that followed a fructose-restricted diet experienced decreased digestive problems and improvement in their mood.

Accurate breath tests help diagnose 3 of the most common causes of digestive complaints - bacterial overgrowth, fructose malabsorption, and lactose intolerance. If any of these are causing your symptoms, we can recommend treatments that will produce lasting relief.

Digestive Symptom Survey

Instructions: For each symptom listed below, circle the answer that best describes your experience over the last 30 days.

Diarrhea:	Never	Rarely	Sometimes	Often	Always
Loose Stools:	Never	Rarely	Sometimes	Often	Always
Frequent BM:	Never	Rarely	Sometimes	Often	Always
Urgency:	Never	Rarely	Sometimes	Often	Always
Constipation:	Never	Rarely	Sometimes	Often	Always
Bloating:	Never	Rarely	Sometimes	Often	Always
Flatulence/Gas:	Never	Rarely	Sometimes	Often	Always
Heartburn:	Never	Rarely	Sometimes	Often	Always
Pain/Discomfort:	Never	Rarely	Sometimes	Often	Always

Be sure to discuss your digestive symptoms and any medications you may be taking to help control your symptoms with your doctor or health care professional.