

IRRITABLE BOWEL SYNDROME

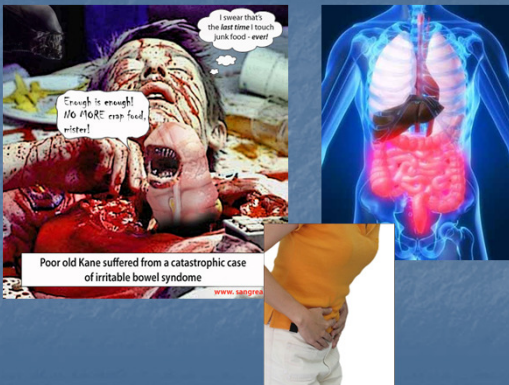
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● Irritable Bowel Syndrome

Orphan disease whose pathogenesis is not well understood. There are challenges for therapeutic development of these orphan diseases.

Irritable Bowel Syndrome (IBS)



Irritable Bowel Syndrome (IBS). An Overview

- IBS is one of the most common disorders that doctors see.
- IBS is characterized by abdominal pain or cramping and changes in bowel function, including bloating, gas, diarrhea and constipation.
- For many years IBS was considered a psychological rather than a physical Problem---WRONG.
- Up to one in five American adults has IBS. For most people, signs and symptoms of IBS are mild. Only a small percentage of people with IBS have severe signs and symptoms.
- Unlike more serious intestinal diseases such as ulcerative colitis and Crohn's disease, IBS doesn't cause inflammation or changes in bowel tissue or increase risk of colorectal cancer.
- In many cases, IBS can be controlled by managing diet, lifestyle and stress.

What is IBS?

- Irritable bowel syndrome, or IBS, is a problem that affects mainly the bowel (large intestine). IBS is a syndrome because it can cause a group of symptoms, such as cramping, bloating, gas, diarrhea, and constipation.
- IBS is not a "disease". It's a functional disorder, which means that the bowel doesn't work as it should.
- With IBS, the nerves and muscles in the bowel are extra-sensitive. For example, the muscles may contract too much when eating. These contractions can cause cramping and diarrhea during or shortly after a meal. Or the nerves can be overly sensitive to the stretching of the bowel (because of gas, for example). Cramping or pain can result.
- IBS can be painful. But it does not damage the bowel or cause any other disease.

Does stress cause IBS?

- Emotional stress does not cause IBS but it can trigger symptoms.
- The bowel can overreact to other things, including food, exercise, and hormones.
- Foods that tend to cause symptoms include milk products, chocolate, alcohol, caffeine, carbonated drinks, and fatty foods. In some cases, simply eating a large meal will trigger symptoms.
- Women with IBS often have more symptoms during their menstrual period.

What are the symptoms of IBS?

- Crampy pain in the stomach area.
- Painful diarrhea and/or constipation.



- Other symptoms are

- mucus in the stool
- swollen or bloated abdomen
- the feeling that you have not finished a bowel move

How is IBS diagnosed?

Suspect due to symptoms. Medical tests to exclude any other diseases that could cause the symptoms.

- Physical exam
- Blood tests
Celiac disease (nontropical sprue) is sensitivity to wheat protein that also may cause symptoms like those of IBS. Blood tests may help rule out that disorder.
- X ray of the bowel: Barium enema or lower GI series.
(barium administration through the anus).
- Endoscopy.

IBS treatment

IBS has no cure!

Treatments to relieve symptoms:

- diet changes
- stress relief
- medicines

Diet Changes

Foods that may make IBS worse:

- fatty foods like French fries
- milk products like cheese or ice cream
- chocolate
- alcohol
- caffeine
- carbonated drinks

Foods that may help to relieve IBS:

Probiotics: Probiotics are "good" bacteria that normally live in the intestines and are found in certain foods, such as yogurt, and in dietary supplements. It's been suggested that people with IBS may not have enough good bacteria, and that adding probiotics to your diet may help ease your symptoms.

Stress Relief





Medicine

- Laxatives: to treat constipation
- Fiber supplements: to control constipation (psyllium (Metamucil) or methylcellulose (Citrucel))
- Anticholinergic medications: to slow contractions in the bowel, which helps with diarrhea and pain
- Herbs: Peppermint is a natural antispasmodic that relaxes smooth muscles in the intestines. **Avoid herb-drug interactions.**
- Antidepressants: to help those who have severe pain.
 - Tricyclic antidepressants, such as imipramine (Tofranil).
 - SSRIs (selective serotonin re-uptake inhibitors), such as Prozac (fluoxetine) or Paxil (paroxetine)

Drugs Specifically for IBS

- Alosetron (Lotronex). This drug is a nerve receptor antagonist that's supposed to relax the colon and slow the movement of waste through the lower bowel. But the drug was removed from the market just nine months after its approval when it was linked to deaths and severe side effects. In June 2002, FDA decided to allow alosetron to be sold again with restrictions. The drug can be prescribed only by doctors enrolled in a special program and is intended for severe cases of diarrhea-predominant IBS in women who haven't responded to other treatments. Alosetron is not approved for use by men.
- Tegaserod (Zelnorm). Tegaserod imitates the action of the neurotransmitter serotonin and helps to coordinate the nerves and muscles in the intestine. It is intended for women who have IBS with constipation and has not been shown to be effective for treating men with IBS. Some reports have suggested a risk of rare, dangerous side effects similar to those of alosetron.
- Generally, alosetron and tegaserod should only be used if you have failed usual therapy for your IBS. Additionally, they should only be prescribed by a gastroenterologist with expertise in IBS because of the potential side effects

IBS Summary

- IBS is a functional disorder in which the bowel doesn't work as it should.
- IBS can cause cramping, bloating, gas, diarrhea, and constipation.
- IBS doesn't damage the bowel.
- The doctor will diagnose IBS based on your symptoms. You might have some medical tests to rule out other diseases.
- Stress doesn't cause IBS, but it can trigger symptoms.
- Fatty foods, milk products, chocolate, caffeine, carbonated drinks, and alcohol can trigger symptoms.
- Eating foods with fiber and eating smaller meals can reduce symptoms.
- Treatment for IBS may include medicine, stress relief, or changes in eating habits.

