



HEALTH AWARENESS

Fiber Key in Managing Common Irritable Bowel Syndrome Symptoms

(NAPSA)—For the one in five Americans with irritable bowel syndrome (IBS), four out of five of which are women, symptoms can have a dramatic effect on the way they live their lives. A recent poll conducted by Citrucel® with SmartFiber® revealed that the majority (60 percent) of women diagnosed with IBS have called in sick to work because of their symptoms, which can include gas, bloating, constipation, diarrhea and abdominal pain, and that half avoid eating the foods they enjoy.

Fortunately, there are things women with IBS can do to help manage symptoms, including re-vamping food choices and including more fiber in the diet for those with constipation. In fact, nearly three out of four women who have sought treatment for their symptoms said that a doctor advised them to take a bulk fiber or fiber supplement.

“Adding more fiber to the diet, especially the right kind of fiber, may be helpful in managing constipation, one of the most common symptoms of IBS,” says Ashley Koff, registered dietician and author of “Recipes for IBS,” a cookbook and treatment plan for digestive wellness. “However, the majority of women who suffer from IBS symptoms admit that they do not get enough fiber each day, and for them, taking a bulk fiber therapy may be an effective way to maintain regularity.”

Many people worry that increasing their fiber intake will cause gas and bloating, which, of all IBS symptoms, are the ones women say have the most negative effect on their life. But not all fiber is equal. Only Citrucel has



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SmartFiber, which delivers the fiber people need without the fiber effects they don't. Because it contains methylcellulose, a 100 percent soluble fiber, it is effective at both relieving constipation and not causing excess gas. A vast majority (92 percent) of women who suffer from IBS say they prefer a bulk fiber that does not cause excess gas or bloating over one that ferments and may cause these undesirable effects.

In addition to increasing fiber intake, Koff recommends that those with IBS talk to their doctor to create an individualized plan for managing and treating symptoms.

For tools and resources on IBS, visit IBSLiving.com, a free information and support program that features a self-assessment quiz, digestion-friendly recipes, action plans and more.