

The Contribution of Diet and Lifestyle Factors in the Prevalence of Irritable Bowel Syndrome

Authors : Alexander Dao, Oscar Wambuguh

Abstract : Irritable Bowel Syndrome (IBS) is a heterogeneous functional bowel disease that is characterized by chronic visceral abdominal pain and abnormal bowel function and habits. Its multifactorial pathophysiology and mechanisms are still largely a mystery to the contemporary biomedical community, although there are many hypotheses to try to explain IBS's presumed physiological, psychosocial, genetic, and environmental etiologies. IBS's symptomatic presentation is varied and divided into four major subtypes: IBS-C, IBS-D, IBS-M, and IBS-U. Given its diverse presentation and unclear mechanisms, diagnosis is done through a combination of positive identification utilizing the "Rome IV Irritable Bowel Syndrome Criteria" (Rome IV) diagnostic criteria while also excluding other potential conditions with similar symptoms. Treatment of IBS is focused on the management of symptoms using an assortment of pharmaceuticals, lifestyle changes, and dietary changes, with future potential in microbial treatment and psychotherapy as other therapy methods. Its chronic, heterogeneous nature and disruptive gastrointestinal (GI) symptoms are negatively impactful on patients' daily lives, health systems, and society. However, with a better understanding of the gaps in knowledge and technological advances in IBS's pathophysiology, management, and treatment options, there is optimism for the millions of people worldwide who are suffering from the debilitating effects of IBS.

Keywords : irritable bowel syndrome, lifestyle, diet, functional gastrointestinal disorder

Conference Title : ICFPDHIEI 2023 : International Conference on Food Product Development, Health Issues and Environmental Issues

Conference Location : Montreal, Canada

Conference Dates : August 03-04, 2023