



BOWEL CONDITIONS

Irregular bowel movement usually accompanied by pain and bloody discharge

INFLAMMATORY BOWEL DISEASE (IBD)

Inflammatory bowel disease or IBD is comprised of such diseases as *Crohn's Disease* and *ulcerative colitis*. The former causes ulceration or inflammation usually in the small intestine and colon. It can also affect any part of the digestive tract—from the mouth all the way to the anus. Ulcerative colitis, on the other hand, is limited to the colon and the rectum. Though the exact cause of IBD is unknown, scientists have been led to believe it may be in part due to genetics by the fact that some 25% of sufferers have a relative afflicted with the disease. Also, virus and bacteria may play a role in the disease. Stress may also exacerbate the condition although no clinical study has been done to confirm this.

Symptoms

- Pain in the abdomen
- Diarrhea
- Constipation
- Rectal bleeding
- Weight loss
- Fever
- Nausea or vomiting

DO:

- Consult a physician as the same symptoms usually show up in any number of diseases.
- Eat a balanced diet with lots of fiber, vitamins and nutrients.

DON'T:

- Don't ignore the symptoms. Make regular visits to the clinic to have the colon checked since this disease may lead to colon cancer.

IRRITABLE BOWEL SYNDROME (IBS)

A person with Irritable Bowel Syndrome (IBS) suffers from pain and cramping in the abdomen, as well as intermittent diarrhea and constipation. Contractions in the large intestine cause the irregular bowel movements. Pain in the abdomen may vary from mild to severe.

Symptoms:

- Abdominal pain
- Diarrhea
- Constipation, or passing of hard, pebble-like stool
- Belching
- Feeling bloated
- Nausea and vomiting, in some cases

DO:

- Get some rest. Avoid stress, as it may worsen the condition.
- Enrich your diet with food rich in fiber like grains, fruits and vegetables to help normalize your digestion.

DON'T:

- Don't eat or drink any dairy products or caffeinated beverages. These are types of food that worsen the symptoms. Take note of the food your system cannot tolerate in this condition, and try to avoid them as much as possible.



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DIVERTICULOSIS AND DIVERTICULITIS

The cause of diverticulosis (pouches in the colon that bulge out or protrude) and diverticulitis (when these pouches become inflamed or infected) are still unknown. However, a diet low in fiber may be one of the culprits. Also some genetic factors are a consideration.

Symptoms:

- For diverticulosis: bloating, constipation or mild cramps
- For diverticulitis: constant abdominal pain usually felt in the lower left side, fever, vomiting or nausea, chills, constipation or cramping

Get some bed rest to prevent diverticulosis (bloating, constipation or mild cramps).



DO:

- Get some bed rest.
- Take a liquid diet.
- Take some pain reliever to lessen discomfort.
- Eat a balanced diet with lots of fiber, vitamins, and nutrients.
- Learn coping techniques.
- Develop a strong support system of loved ones.

DON'T:

- Don't neglect proper medical attention.

CANCER

A disease characterized by uninhibited growth and the proliferation of abnormal cells that lead to the destruction of normal, healthy cells

To this day, the exact cause of the many forms of cancer is still unknown. However, some factors such as genetic predisposition and environmental factors have been known to cause this disease. Cancer is a destructive disease because it can metastasize or spread when the cancer cells break away from the tumor and travel through the bloodstream and lymph nodes. Some lifestyle choices such as the heavy use of alcohol, over-exposure to the sun, smoking or chewing tobacco, exposure to cancer-causing chemicals (carcinogens), and radiation have been linked to the development of cancer as well.

Symptoms

- Change in bowel or bladder movements
- Sores that don't heal
- Unusual bleeding or discharge
- Thickening lump in your breast or any other body part
- Difficulty in swallowing
- Obvious change in a wart or mole
- Nagging cough or hoarseness

DO:

- Eat a diet rich in fiber, fruits, vegetables.
- Exercise regularly.
- Get regular check-ups.
- *Slip, slap, slop*: slip on a t-shirt, slap on a hat, and slop on some sunscreen when going out to the beach or just going outside in the sun; also wear sunglasses to protect the eyes.
- Discuss fears, concerns and emotions with a doctor or a counselor.
- Try to lead as normal a life as possible by enjoying the same healthy and fun activities as before.
- Get the involvement of loved ones and be open about the disease.

DON'T:

- Don't smoke. Otherwise, quit now.
- Don't drink too much alcohol.