# The Mortar & Pestle

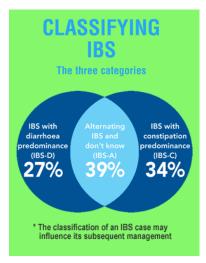
Volume 3 Issue 4

# Stafford Pharmacy and Home Healthcare

### IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome, or IBS, is a chronic disorder of the stomach and intestines. IBS affects approximately 13-20% of all Canadians. This disorder can range from mild to debilitating, and many (up to 60%) affected by this condition suffer in silence instead of seeking medical help.

What are the symptoms of IBS? Abdominal pain, Bloating, Constipation and Diarrhea.



Some affected by this condition have only diarrhea and others only constipation. However, many of those with IBS experience alternating constipation and diarrhea. Almost everyone experiences these symptoms at some point during their lives. In those suffering from IBS these symptoms are frequent and severe enough to interfere with their day-to-day activities.

Along with these symptoms, other problems such as sleep disturbances, fibromyalgia, back pain, chronic pelvic pain and migraine headaches may be associated with IBS.

How is IBS diagnosed? There is no simple test that can be done to diagnose this condition. Diagnosis is based on medical history and a physical exam. A physician may perform tests to rule out other conditions such as celiac disease which has similar symptoms.

How is IBS managed? IBS is experienced by each person differently. Therefore, therapy must be customized based on triggers and symptoms.

The cornerstones of therapy include:

Diet and Lifestyle modification - Foods that trigger symptoms must be avoided. Additionally, diet can be used to treat constipation and diarrhea.

Stress Reduction - Stress can exacerbate IBS symptoms

Medications – Medications can be used to control constipation and/or diarrhea as well as pain. Probiotics – see following articles

If you suffer from IBS and feel that your medications aren't working as well as they could be, speak with your pharmacist to see if there are any changes that can be made to ease your symptoms.

## Take the 30 Second IBS Test to see if you may have IBS

Have you had discomfort or pain anywhere in your abdomen 2-3 times or more in the past 3 months?

If yes to above, then:

Does the discomfort or pain sometimes get better after a bowel movement? Is the discomfort or pain associated with a change in the frequency of bowel movements? Is the discomfort or pain sometimes associated with constipation or diarrhea?

If you answered \*YES\* to any of these questions you may have IBS. Ask your physician or pharmacist today for help.

## For more information on IBS and other gastrointestinal conditions visit www.badgut.org

#### ULTRA FLORA PLUS DF



Do you suffer from bowel discomfort or irregularity, acid reflux, or food sensitivities? Do you have trouble maintaining a healthy weight or have joint health concerns? If so, you may want to consider taking a probiotic supplement. Probiotics are live microorganisms that form a symbiotic relationship with their host. This relationship provides the host with many health benefits. When our bodies can digest foods and eliminate toxins efficiently with the aid of probiotics we are better able to manage some of these common health complaints.

Ultra Flora Plus DF (DF = dairy free) is a probiotic by Metagenics. This probiotic formulation contains 15 billion live organisms: 50% lactobacillus acidophilus

NCFM strain and 50% Bifidobacterium lactis BI-07 and a probio-protein factor. These ingredients support a healthy balance of intestinal flora.

Probiotics can help reduce the symptoms of Irritable Bowel Syndrome. There are many strains of probiotics and a multi-strain supplement may be more effective than a single strain supplement at normalizing bowel movements. Probiotic supplements containing Bifidobacterium species *may* provide the most benefit.

Yes, Ultra Flora Plus DF as well as many other Metagenics products are available for purchase at Stafford Pharmacy & Home Healthcare. Talk to our Pharmacist to see if Ultra Flora Plus DF is right for you!

### **ASK YOUR PHARMACIST**

"I was just prescribed an antibiotic for my sinus infection; can I take it with my probiotics?"

Being prescribed an antibiotic is another reason you may consider taking a probiotic. Antibiotics work to kill the bacteria that are making you sick, but they also kill the good bacteria that our bodies need for healthy gut function. Good bacteria aid in digestion and in immune system function. When they are killed by antibiotics the result can be diarrhea, upset stomach, or yeast infection (more common in women). Antibiotic induced diarrhea can occur as late as 3 months after you've stopped the antibiotics!

Taking a probiotic while you are on an antibiotic can help prevent these unwanted effects. It is important, however, to take the probiotic and antibiotic at different times. If taken simultaneously the antibiotics will kill the probiotics. We recommend taking them at least two hours apart. Depending on how often you need to take your antibiotic, this can get tricky.

Ask your pharmacist how and when to take your probiotic supplement with your antibiotic therapy to receive the most benefit.

## Volume 3, Issue 4

Content/Writer: Jaclyn Katelnikoff, Clinical Pharmacist

Editor: Igor Shaskin, Clinical Pharmacist

Reviewer: Brian J.

Guest Reviewer: Ariel McLeod, Clinical Pharmacist

#### **Recent Blog Articles at:**

#### www.staffordpharmacy.com/blog

- \*Homeopathy-Efforts to Discredit
- \*Are Sleeping Pills Killing Us?
- \*Cdn Drug Shortages Getting Worse
- \*Changes To Alberta Pharmacy

Compensation Model

Next Issue:

Footcare