

WELCOME TO

Irritable Bowel Class

We will begin shortly.



Use the Zoom mobile
or desktop app.

- ☒ Make sure you have a strong internet connection.
- ☒ Minimize all other apps and programs.
- ☒ Turn up your volume.

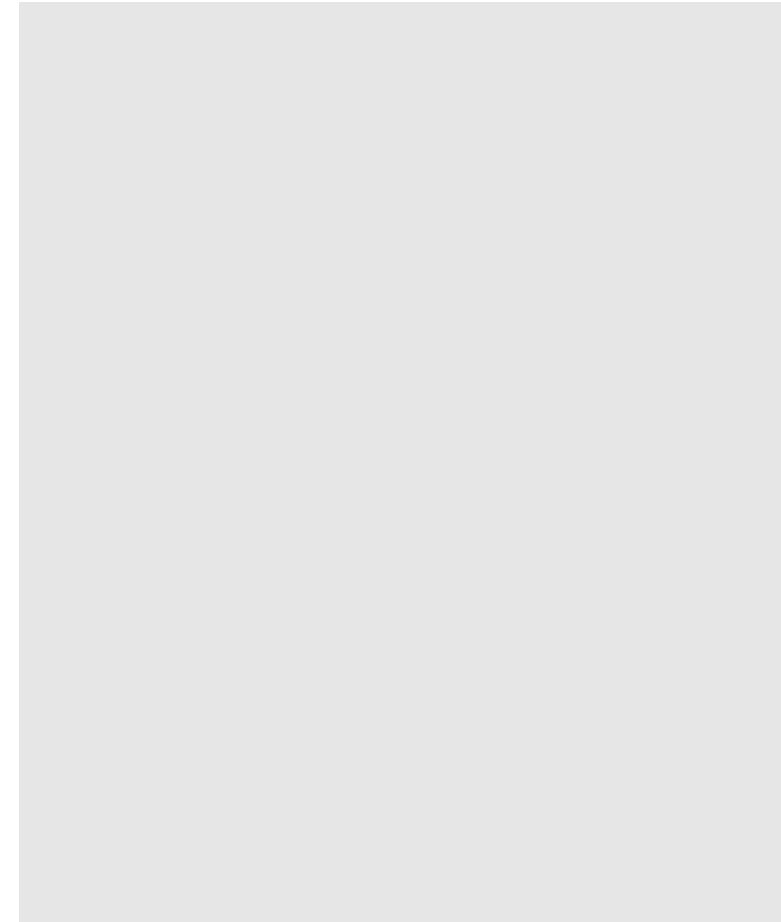


By default, you may have
been placed on mute.



During the workshop,
please mute your audio
unless you have a
question.

Your Presenter



Participating in Zoom



Your microphone



Share reactions



Your camera



Raise hand



Chat window

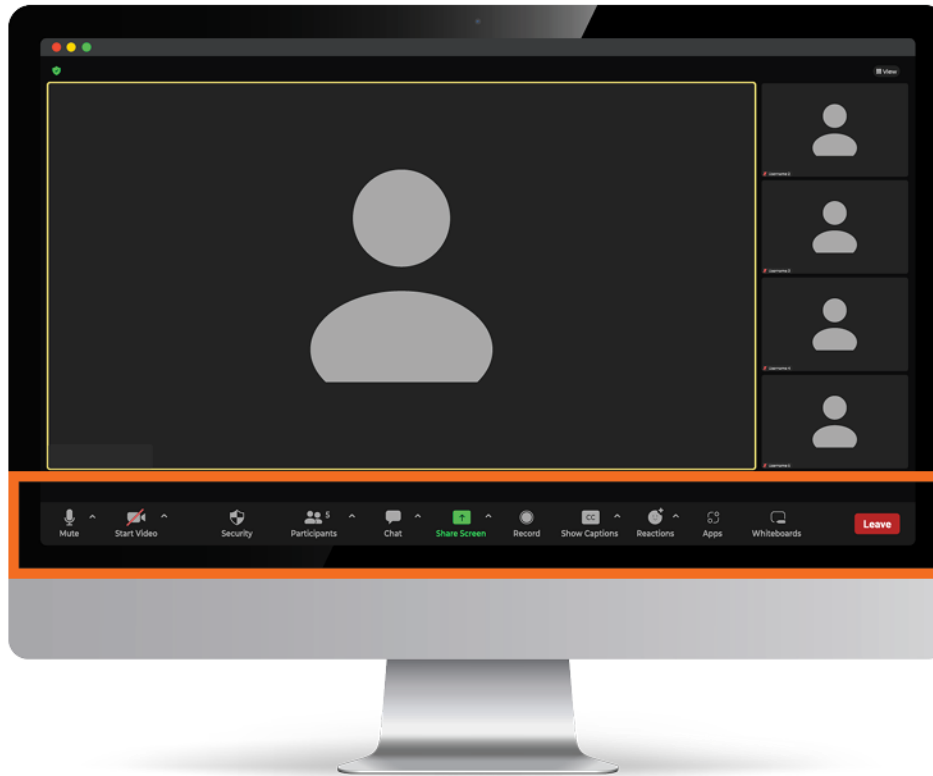


Closed captions

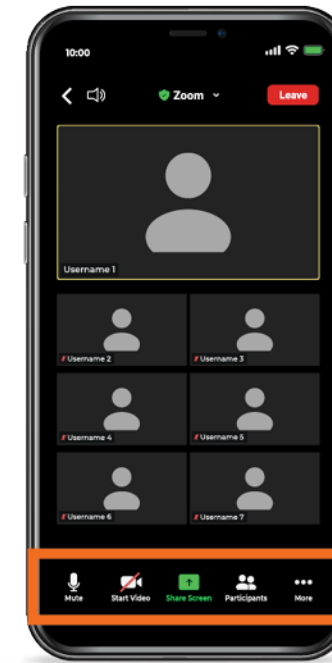


Leave

Controls toolbar



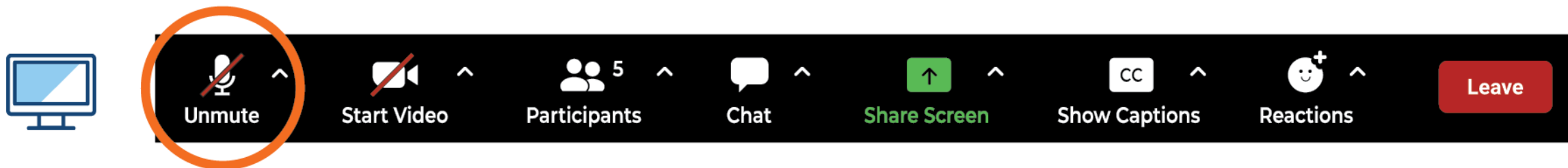
Desktop



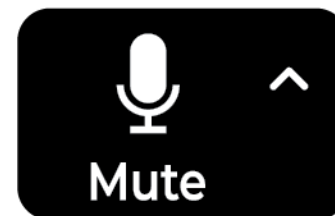
Smartphone

Controls toolbar

Your microphone



» Click or tap on icon



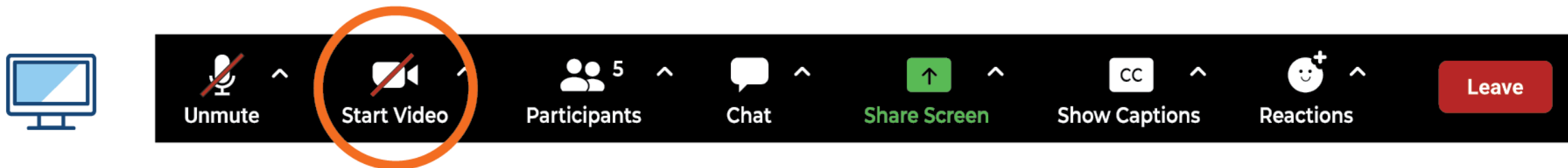
on



off

Controls toolbar

Your camera



» Click or tap on icon



on

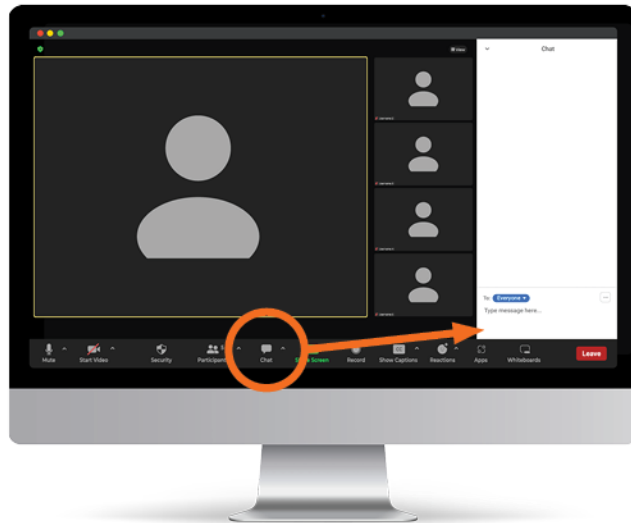


off

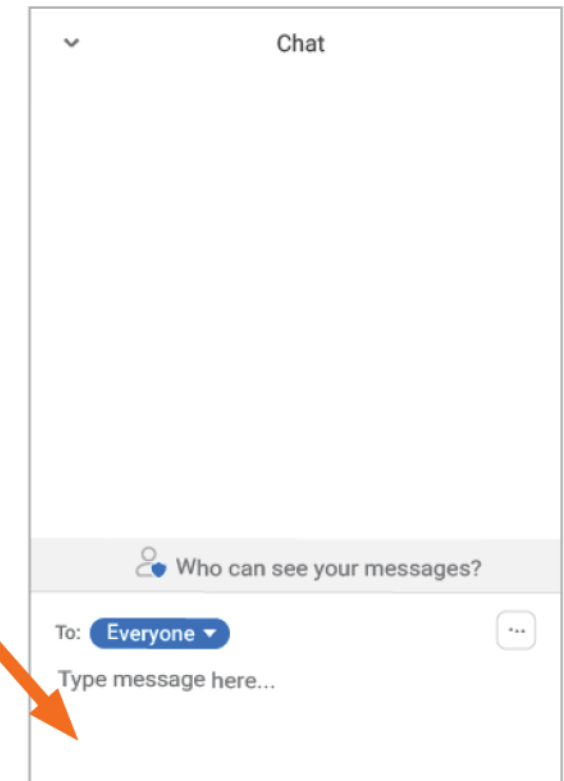
Controls toolbar

Chat (desktop or laptop)

1 Click on  to open the chat window



2 Type your message, then hit **enter** or **return**



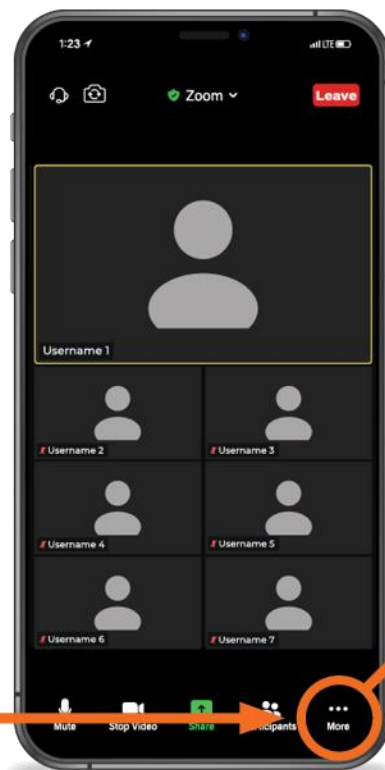
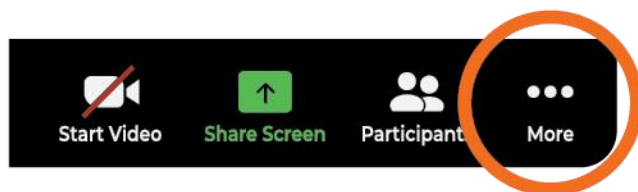
Controls toolbar

Chat (iOS or Android)

1 Tap 

— OR —

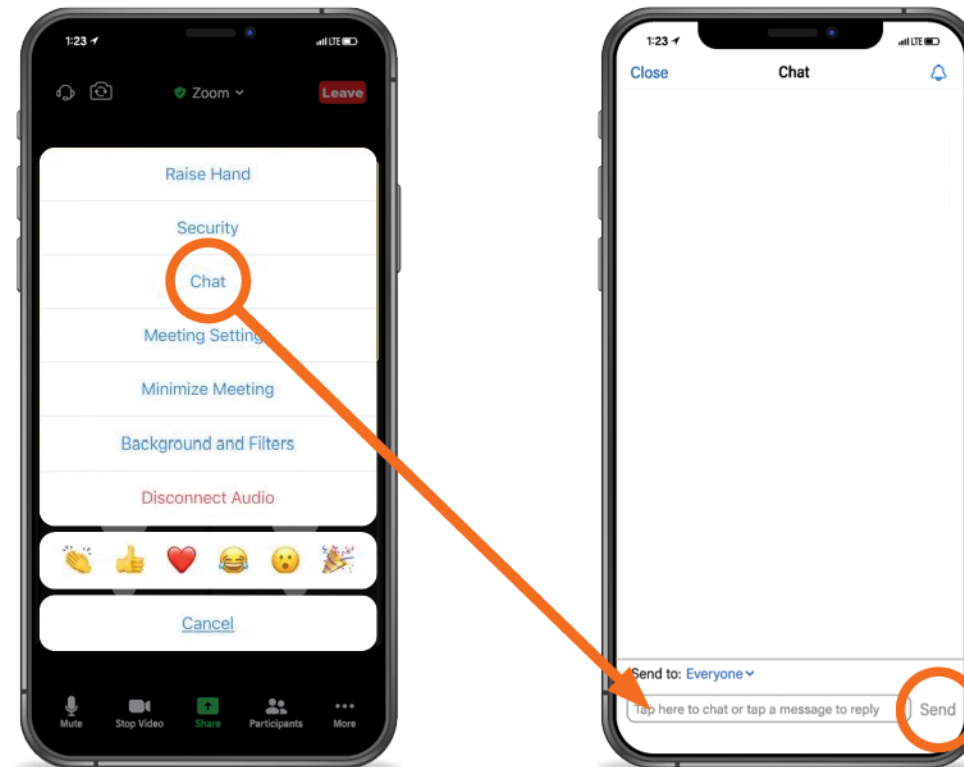
Tap **More**,
then tap **Chat**



Controls toolbar

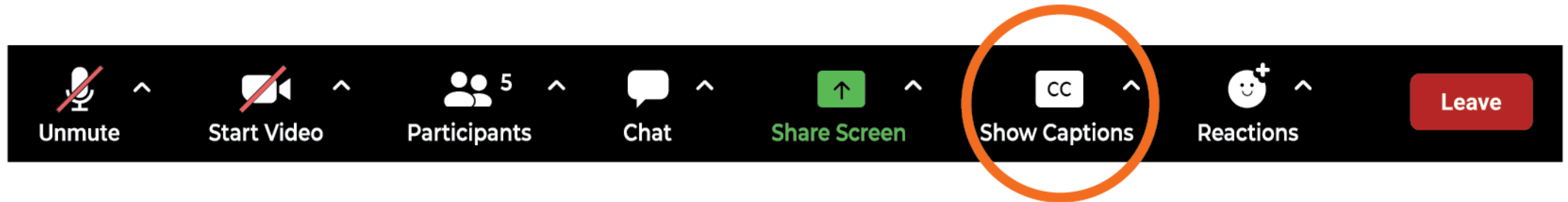
Chat (iOS or Android)

- 2 Type your message, then tap **enter** or **return**



Controls toolbar

Closed captions



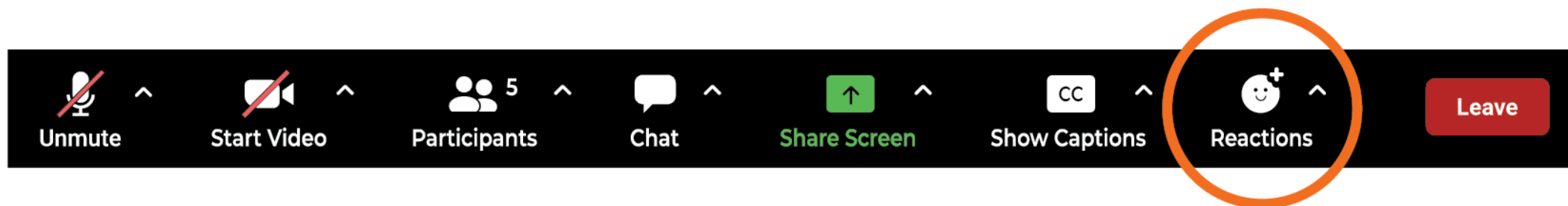
» Click on icon to **show/hide** captions



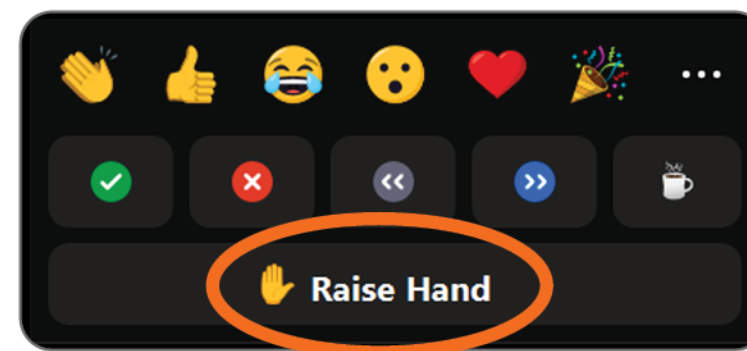
» Tap **More**,
then tap **Captions**

Controls toolbar

Raise your hand

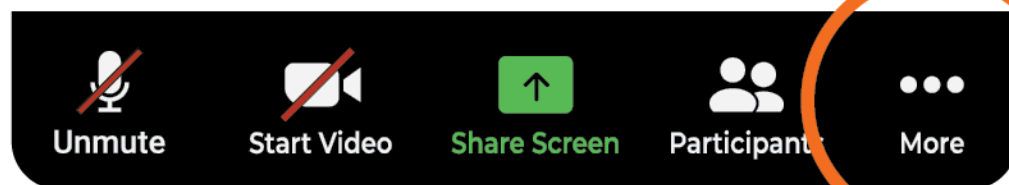


» Click on **Reactions** icon, then click on **Raise Hand**



Controls toolbar

Raise your hand

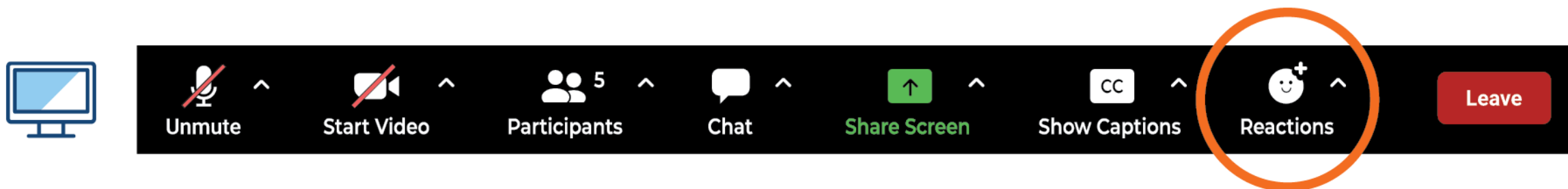


» Tap **More**, then
tap **Raise Hand**

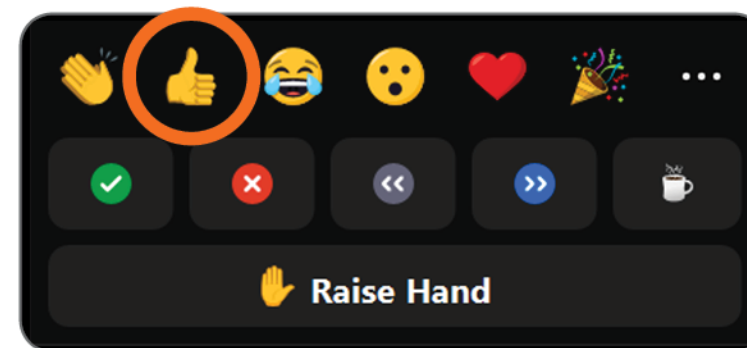


Controls toolbar

Share your reactions

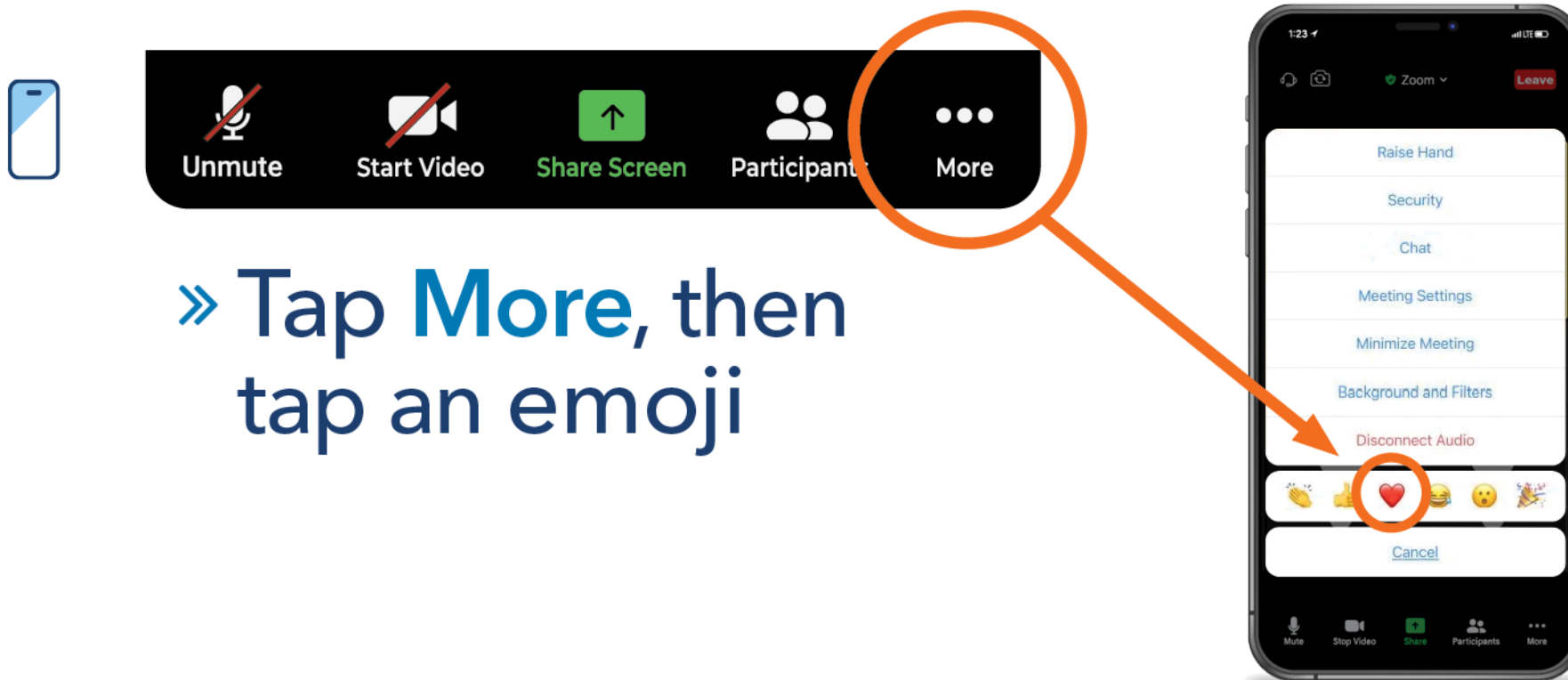


» Click on **Reactions** icon, then click on an emoji



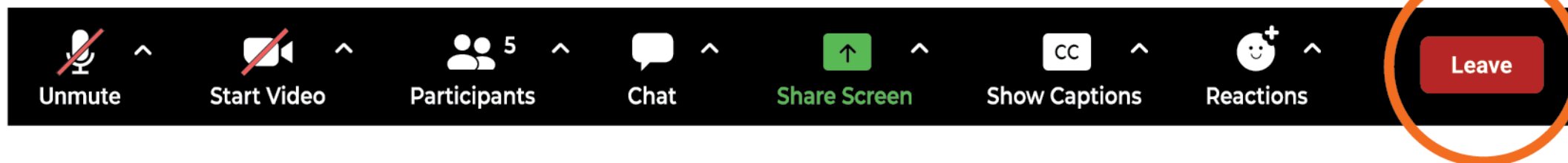
Controls toolbar

Share your reactions

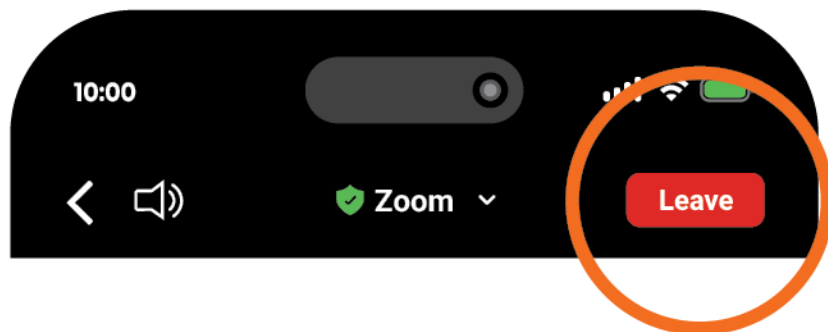


Controls toolbar

Leave workshop



» Click on **Leave**



» Tap **Leave**
(top area)

Privacy



Please do not share any personal information that you would not want others to know.



Any personal information you choose to share either verbally or through the written chat tool may be heard or seen by others.

Irritable Bowel Class



**Help us improve
our program.**

We will share a survey with you at the end of the workshop. Please take a moment to give your feedback.

Stop the Spread of the Coronavirus/COVID-19

» For more information on COVID-19, visit kp.org/covid-19.



Wash your hands often with soap and water for at least 20 seconds.



Cover your mouth and nose with a cloth face covering when around others. Avoid touching your eyes, nose, and mouth.



Practice physical distancing by staying at least 6 feet (about 2 arms' length) from other people. Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.



If you feel sick, schedule a phone or video visit to speak to a doctor. To book a virtual appointment, call **1-833-574-2273** or visit kp.org/appointments. In an emergency situation, call **911**.

Agenda

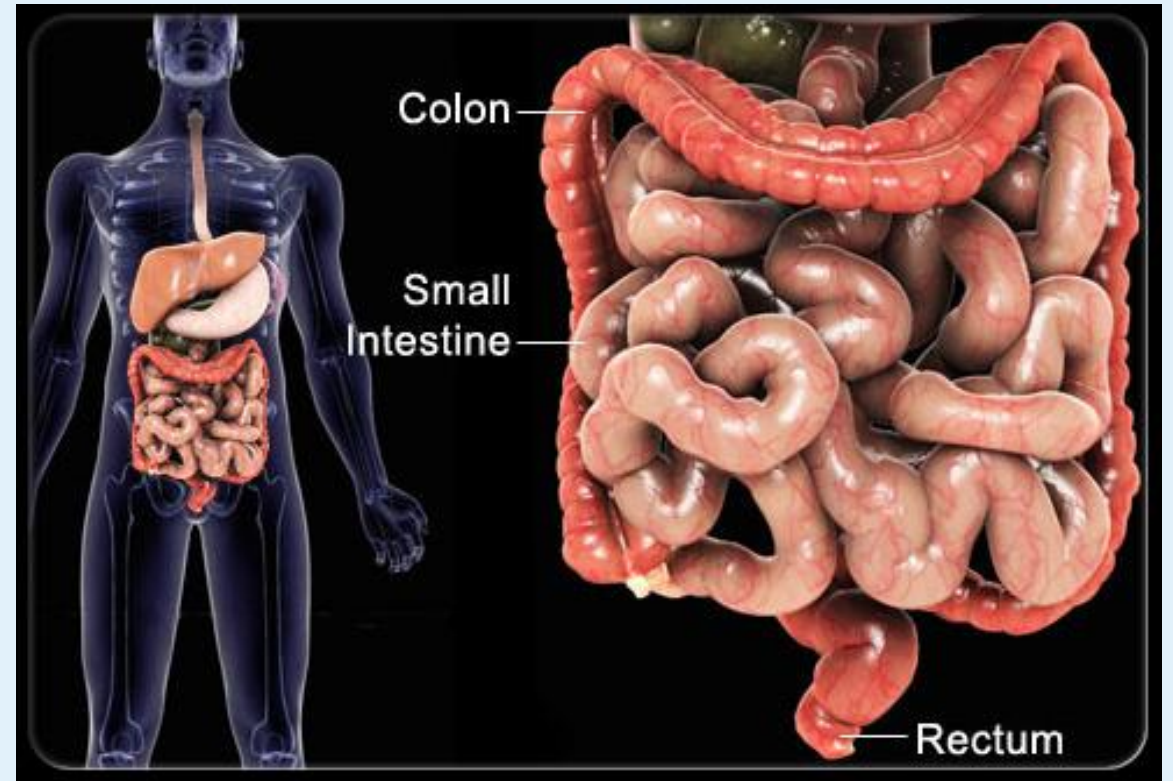
- Background (definition and causes)
- Diagnosis (symptoms and risk factors)
- Treatment
 - Medications
 - Dietary recommendations
 - Psychology/Brain-gut connection
 - Other lifestyle modifications & alternative therapies

What is Irritable Bowel Syndrome?

- Irritable bowel syndrome (IBS) is an abnormality in gastrointestinal motility
 - Too fast or too slow
 - Visceral abdominal hypersensitivity to pain

The Mechanics

- The walls of the intestine are lined with layers of muscle that contract and relax in a coordinated rhythm
- This movement causes food to move from your stomach, through your intestines, and then passes through the rectum



The Mechanics cont'd

- With IBS, the contractions may be stronger and last longer
 - As a result, food is forced through the intestines more quickly causing undesirable symptoms
- In other cases, the opposite may occur where food is moved more slowly through the intestines
 - As a result, stools are harder and more dry
 - When stool moves more slowly, more gas can build in the intestines causing discomfort

Symptoms and Potential Causes

Symptoms

- Most common symptoms can include:
 - **Abdominal cramping**
 - **Bloating/gas**
 - Change in bowel habits
 - Constipation or diarrhea
 - Some individuals may have *both* that alternate back and forth
 - Mucous in stool





Symptoms cont'd

IBS can cause a great deal of discomfort, however:

- It does **not** harm the intestines
- It does **not** cause inflammation despite the conditions of “Flare”
- It does **not** increase risk for colorectal cancer

Causes/Triggers

- Triggers are very individualized and can vary from person to person
 - Acute gastrointestinal infection
 - Intestinal pressure
 - Foods
 - Medications
 - Emotional conditions/stress
 - Other medical conditions may worsen symptoms of IBS



Risk Factors

Many people have occasional signs and symptoms of IBS, but you are more likely to have IBS if you are:

- Under the age of 35
- Female (females are 2X as likely to have IBS compared to males)
- Family history of IBS
 - Researchers are studying whether the influence of family history is due to genes, shared factors in a family environment, or both.

Diagnosis and Testing

Diagnosis

- Diagnosis is made through process of elimination
- Researchers have developed the *Rome Criteria* to help practitioners diagnose IBS in patients
 - Used for IBS and other gastrointestinal disorders where the bowel appears normal, but doesn't function properly



Rome Criteria

Recurrent abdominal pain on average at least 1 day/week in the last 3 months.

In addition, 2 or more of the following criteria

- A change in the frequency or consistency of your stool
 - For example, you may change from having one normal, formed stool every day to three or more loose stools daily, or you may have only one hard stool every three to four days
- Straining, urgency or a sensation of incomplete evacuation
- Mucous in your stool
- Bloating or abdominal distension, pain



Additional Testing

- Diarrhea predominant IBS
 - Stool studies
 - Celiac panel blood test
 - Check for possible overlap of gluten effect
- Constipation predominant IBS
 - Blood work (thyroid disease, diabetes)
 - If indicated, an abdominal X-ray to determine the extent of stool in colon



Treatment Options

Treatment



In general, since the cause of IBS is unknown, treatment involves managing the symptoms of IBS to improve quality of life

Mild symptoms of IBS can usually be managed by lifestyle changes such as:

- Dietary changes
 - Lactose and fructose intolerance are more prevalent in patients with IBS than those without IBS
- Managing stress

OTC Treatment Options

Constipation:

- Fiber supplements and fluids
 - Psyllium husk (Metamucil)
 - Methylcellulose (Citrucel)
- Laxatives
 - Polyethylene Glycol 3350 (Miralax)

Diarrhea:

- Loperamide (Imodium)

Others:

- Probiotics (VLS#3, Align, Culturelle, Florastor)
- Peppermint oil
- Ginger





Prescription Medications

Anticholinergic medications:

- May affect certain activities of the gut's nervous system to relieve painful bowel spasms
- May be helpful for those with diarrhea, but may worsen constipation
 - Dicyclomine (Bentyl)
 - Hyoscyamine (Levsin)

Prognosis and Expectations

- IBS is a chronic condition with intermittent exacerbations
- There is no cure for IBS and no lab/images/procedures to follow or assess disease
- Expectation is to understand the disease and the tools that are available to make this condition more manageable to improve quality of life.

Dietary Recommendations

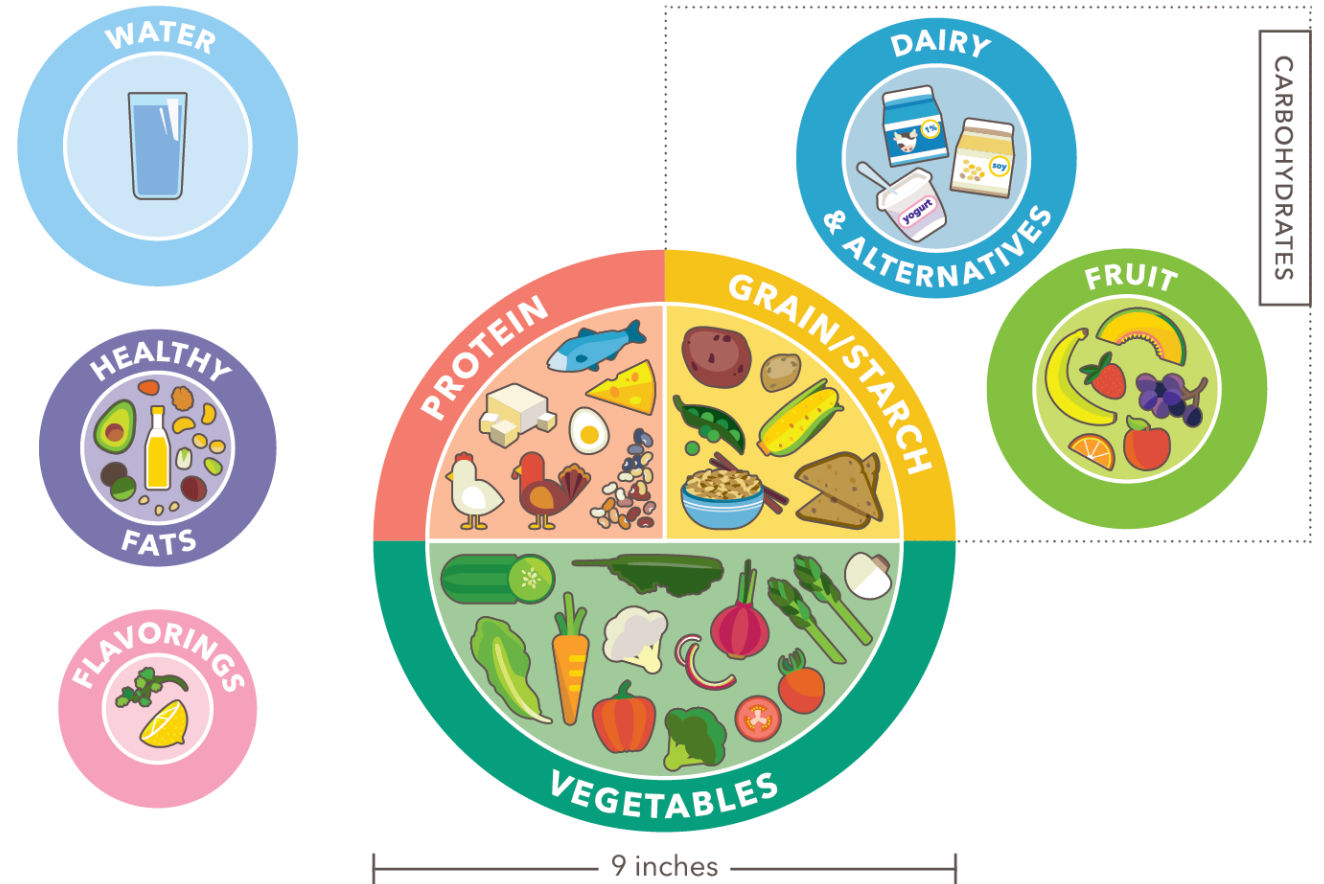
Nutrition is foundational for health

Good Meal hygiene

- Making time for regular meals

Enjoy a variety of foods

- Grains and starches
- Fruits
- Vegetables
- Proteins
- Milk and Dairy
- Healthy Fats



How Food Affects IBS

- Many people find that their signs and symptoms worsen after eating certain foods
 - Keeping a food journal is an important tool
- Some problematic foods may include:
 - Lactose
 - High fat foods
 - Gas-producing vegetables
 - Some beverages, especially carbonated ones
- No conclusions on what role (if any) food allergies or intolerances play in IBS

For Gas-Related Symptoms

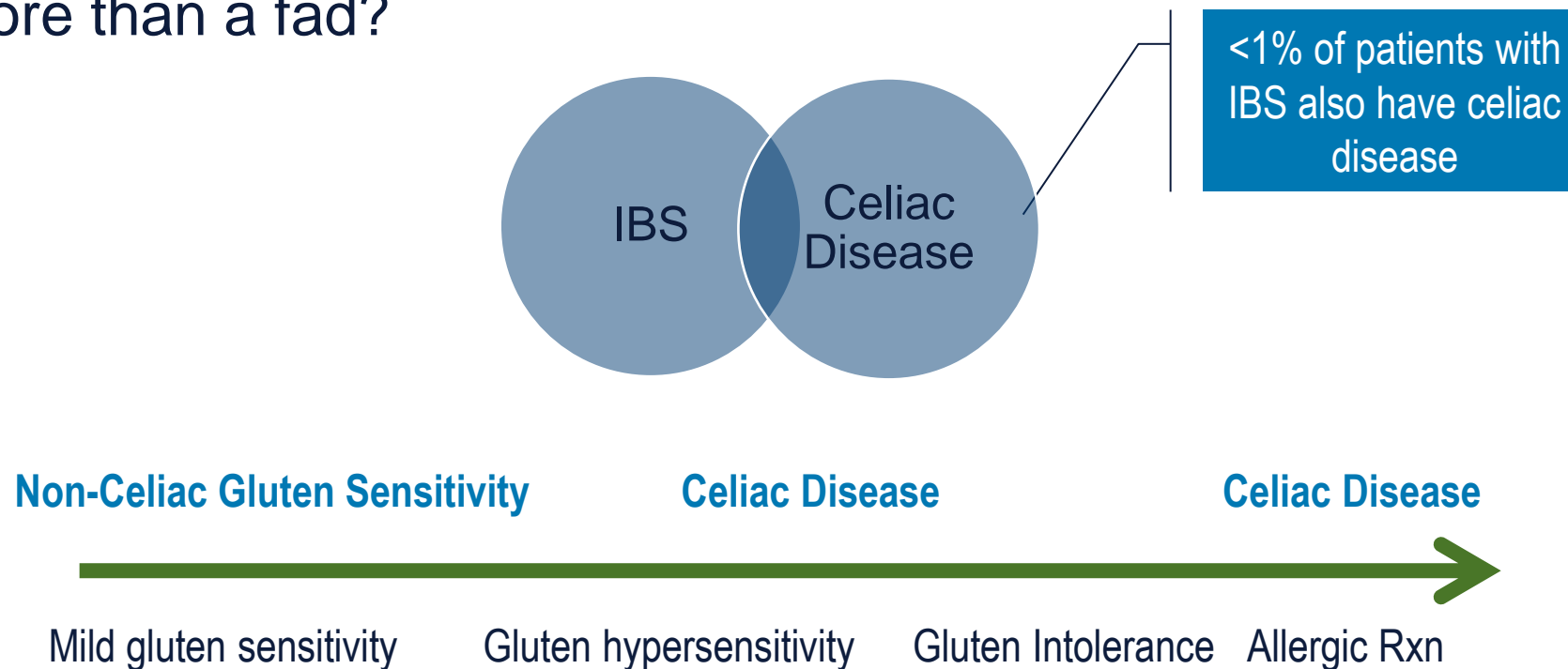
- Problematic foods & behaviors might include:
 - Beans
 - Cabbage
 - Cauliflower
 - Broccoli
 - High fat foods
 - Carbonated beverages
 - Chewing gum
 - Drinking from straws
 - Eating too quickly

For Constipation

- Fluids
 - Choose mainly water
- Fiber
 - May relieve constipation, but may make gas and cramping worse
 - High fiber foods include whole grains, vegetables, beans
 - If you suspect your diet is low in fiber, gradually increase the amount of fiber in your diet over a period of weeks to try to minimize side effects
 - A healthy diet includes 25-38 grams of fiber per day from food

What About Gluten?

- Gluten sensitivity might constitute a spectrum or varying diseases with some overlap with IBS
- Is it more than a fad?



The FODMAP Elimination Trial

FODMAPs

Fermentable

Oligosaccharides

Disaccharides

Monosaccharides

And

Polyols

The bucket concept

**Oligosaccharides
(Fructans and
Galactans)**



**Disaccharides
(Lactose)**



**Monosaccharides
(Fructose)**



**Polyols
(Sugar alcohols)**



The *FODMAP* Elimination and Reintroduction Phases

Elimination:

- Short term dietary experiment-eliminates FODMAP food sources for 2-3 weeks.
- Not meant to be a permanent diet prescription.

Reintroduction:

- Return FODMAPs and observe symptoms after 2-3 weeks.
- Find out which FODMAP's you can handle and how much.



High FODMAP Foods

Fruits

- Apples, blackberries, cherries, dried fruit, watermelon

Vegetables

- Asparagus, brussels sprouts, cabbage, cauliflower, garlic, onions, snow peas

Dairy

- Cow, sheep, or goat milk; ice cream; soft cheeses

Grains

- Wheat, barley, rye
- Cereals with added chicory root and/or inulin

Proteins

- Beans, legumes



Low FODMAP Foods

Fruits

- Bananas, blueberries, cantaloupe, grapes, oranges, strawberries

Vegetables

- Bell peppers, leaf lettuces, carrots, cucumber, tomatoes, spinach, spaghetti squash

Dairy

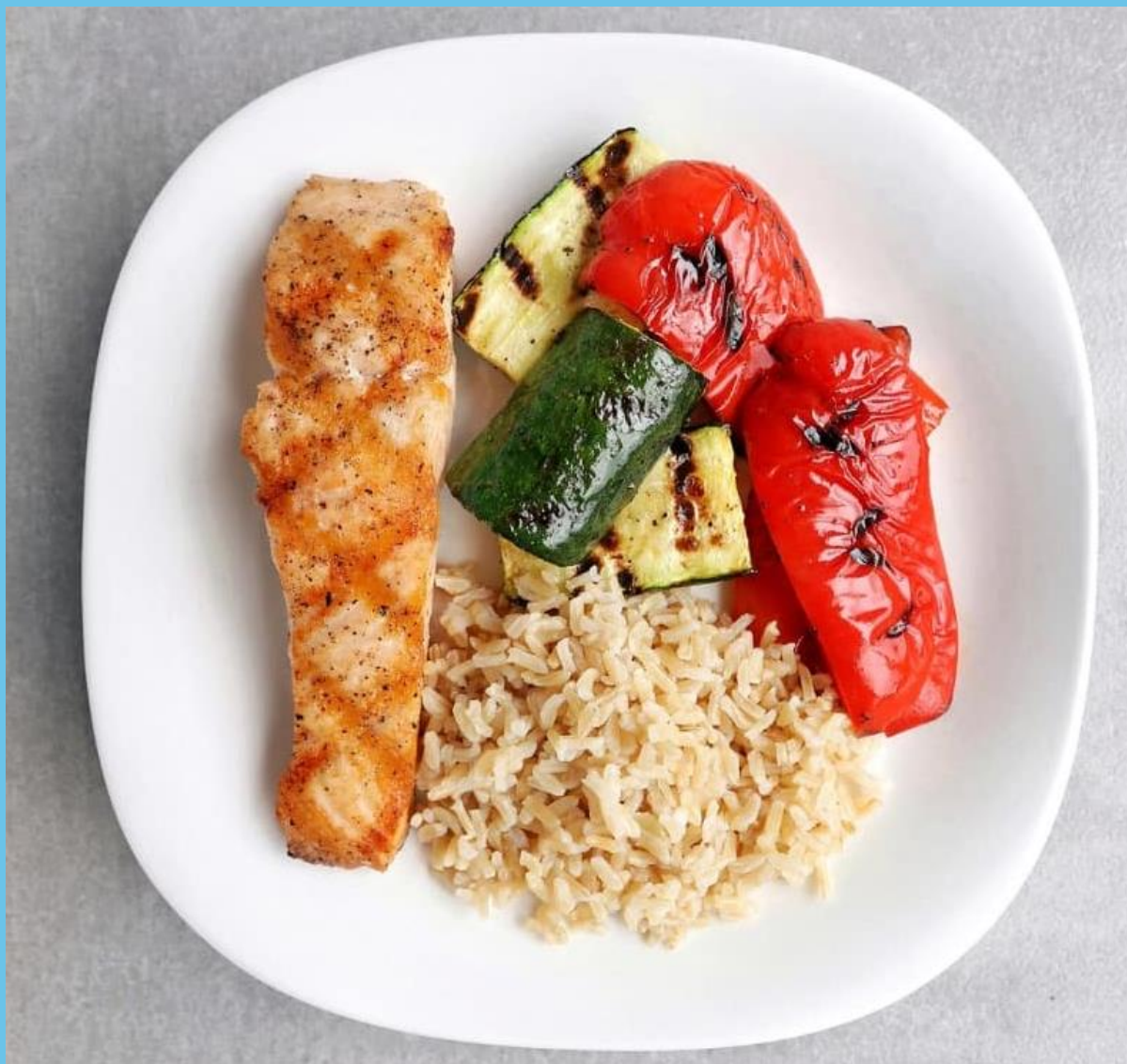
- Almond milk, lactose free milk, rice milk, hard cheeses (cheddar, swiss, mozzarella.)

Grains

- Rice, oats, quinoa, wild rice, potatoes, corn, corn tortillas

Proteins

- Chicken, turkey, fish, eggs, beef, pork, lamb, tofu



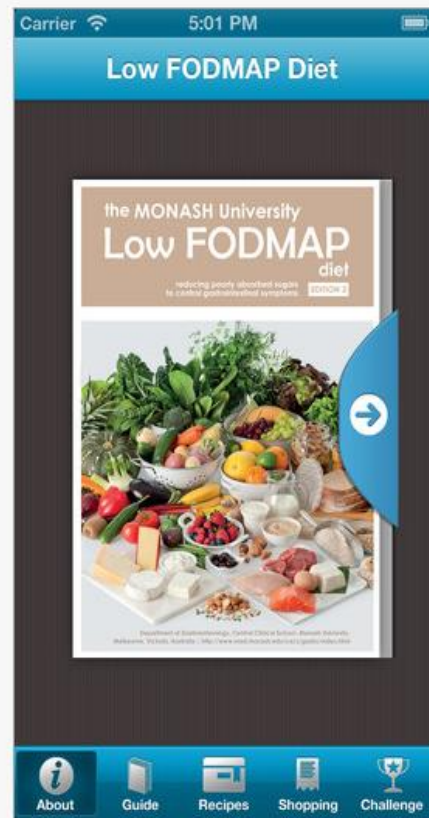
Implementing diet changes

- Keep a food journal and track your symptoms
- Go through the high FODMAP's foods and identify the ones you consume the most
 - Limit these foods to see if your symptoms improve
 - Try foods in low quantities and as tolerated increase amount consumed
- FODMAP elimination and reintroduction trial
 - Ask Doctor for a Nutrition Services Referral.

There's an App for That!

Developed by creators of FODMAP Elimination Trial

iPhone Screenshots



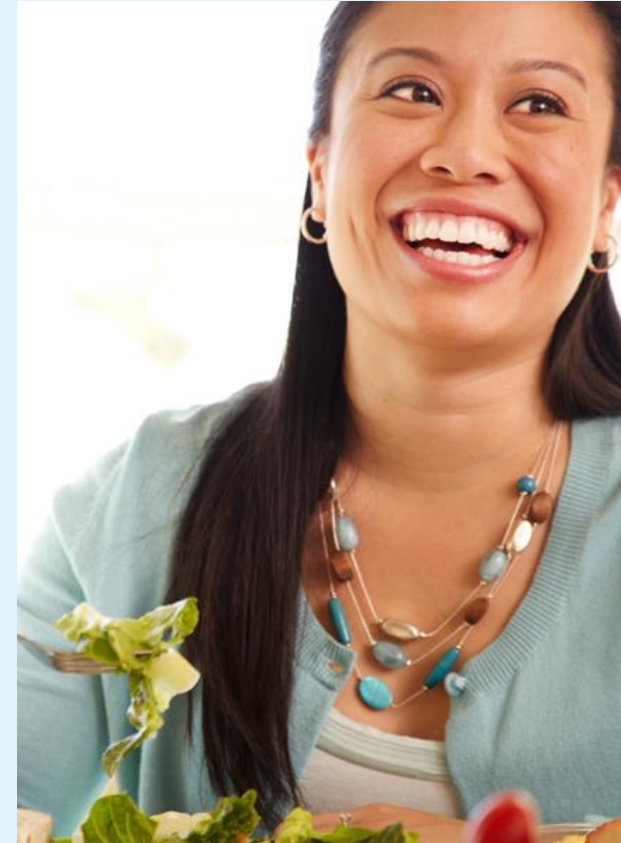
iPhone Screenshots



Overall Dietary Recommendations

Eat on a regular schedule

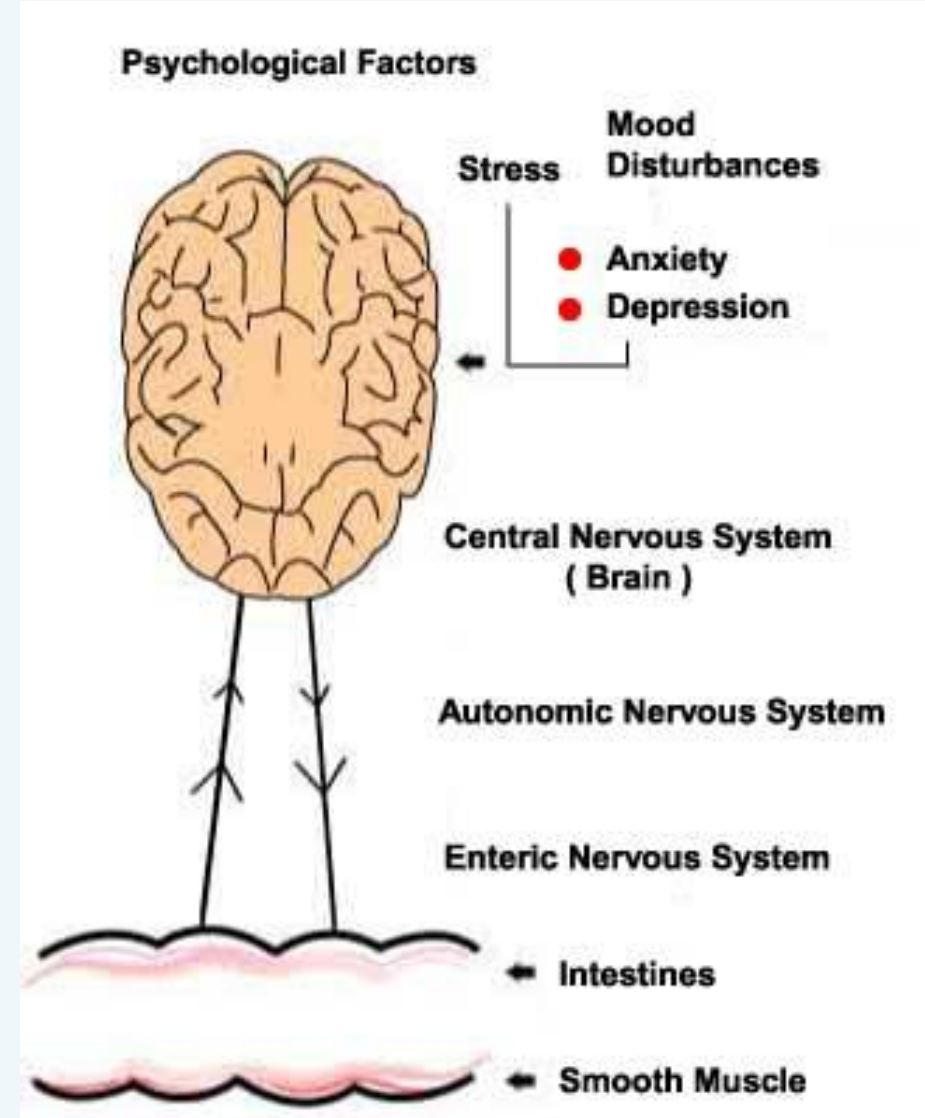
- Don't skip meals
- For diarrhea:
 - Small frequent meals
 - Foods lower in fats and oils
 - More cooked vegetables than raw
- For constipation:
 - Include 25-38g fiber per day
 - Drink enough fluids
 - Stay active



Psychology/Brain-gut connection

Mind-Gut Mechanism

- The CNS (brain) and the ENS (intestines) are directly linked
- Thoughts and feelings can trigger exaggerated responses in the gut



Stress

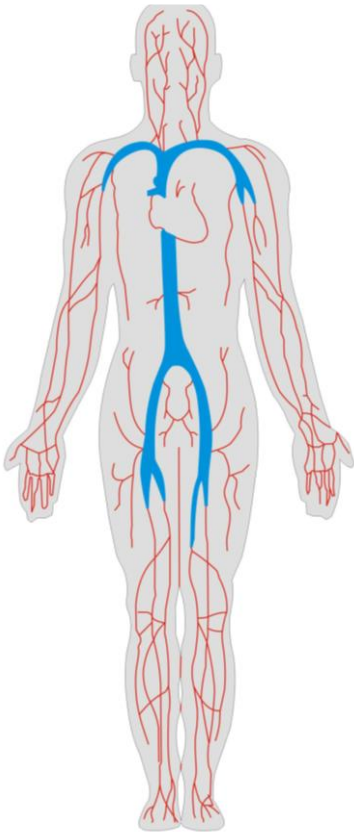
- Individuals with IBS usually report signs/symptoms worsen or become more frequent during periods of stress
- Stress may aggravate symptoms but doesn't cause them
- Relaxation exercises can turn off the stress response



Stress Response and Relaxation Response

Sympathetic Nervous System belongs to the Autonomic nervous system and aids in the control of most of the body's internal organs, involuntary actions

Stress Response (Sympathetic Nervous System)	
↑	heart rate
↑	pulse
↓	blood vessel size
↑	blood pressure
↑	shallow/chest breathing
↓	digestive action
↑	muscle contraction/ tension
↓	skin temperature
↑	release of stress hormones
↑	preoccupied thinking



Relaxation Response (Parasympathetic Nervous System)	
↓	heart rate
↓	pulse
↑	blood vessel size
↓	blood pressure
↑	deep/abdominal breathing
↑	digestive action
↓	muscle contraction/ tension
↑	skin temperature
↑	release of “feel good” hormones
↑	rational thinking

Parasympathetic system is a powerful built-in healing mechanism for rest and recovery

Tools to activate the relaxation response

- Deep breathing
- Biofeedback
- Yoga
- Mindfulness and meditation
- Managing depression and anxiety
 - Psychiatry Department: 877-496-0450
- Exercise
- Acupuncture

Resources

- **Center for Healthy Living - 619-641-4194**
 - Stress and Emotional Health
 - Mind-Body Stress Reduction
 - Sleep Well, Live Well
 - Anxiety Program
- **Department of Psychiatry and Addiction Medicine 1-877-496-0450**
- KP Web Site www.kp.org , www.choosehealthy.com, www.kp.org/healthylifestyles
- Positive Choice –Biofeedback <https://positivechoice.org/>
858-616-5600
- Behavioral Health Care Helpline
1-800-900-3277

Self-Care Apps for Your Everyday Life

» Learn more at kp.org/selfcareapps



Thoroughly evaluated by
Kaiser Permanente clinicians



Easy to use and proven effective



Safe and confidential

Self-care at your fingertips at no cost to members.

» Get Calm and myStrength at kp.org/selfcareapps.

- ✓ Thoroughly evaluated by Kaiser Permanente clinicians
- ✓ Easy to use and proven effective
- ✓ Safe and confidential
- ✓ For adult members



Calm

An app for meditation, mental resilience, and sleep



myStrength

An app to improve your awareness and adapt to life

Lifestyle Changes

- Simple changes in diet and lifestyle can provide relief from IBS
- Your body may not respond immediately to these changes
- The goal is to find long-term solutions
- Stress relieving meditations can be found at kp.org/listen
- For more information on stress management visit kp.org/centerforhealthyliving



Discover Life Care Planning

It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.

You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

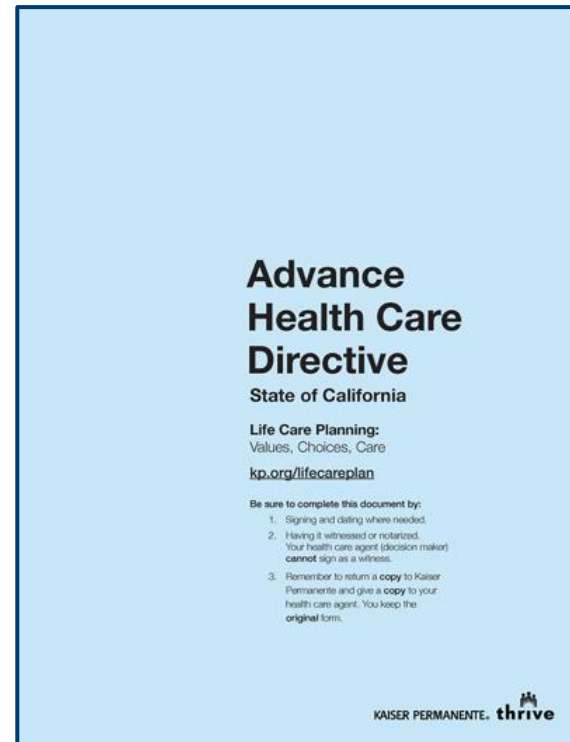
Do you know who this person would be?

To learn more:

- Visit kp.org/lifecareplan
- Call to register for a Life Care Planning Workshop



Center for Healthy Living
619-641-4194



DOWNLOAD a copy of
the Advance health Care
directive



Continuing Education



EMMI ONLINE PROGRAMS

You may receive an email or letter with instruction to complete an online educational program on Life Care Planning.



- Relieving Stress
- Discover Life Care Planning



Center for Healthy Living Workshops

Please call San Diego Center For Healthy Living: 619-641-4194



Breastfeeding
with Success



Freedom from
Tobacco



Healthy
Balance



Heart Failure:
Living Well
Each Day



Life Care
Planning
Advance Directive



Living Well
with Diabetes



Taking Care of
Your Heart



Sleep Well,
Live Well



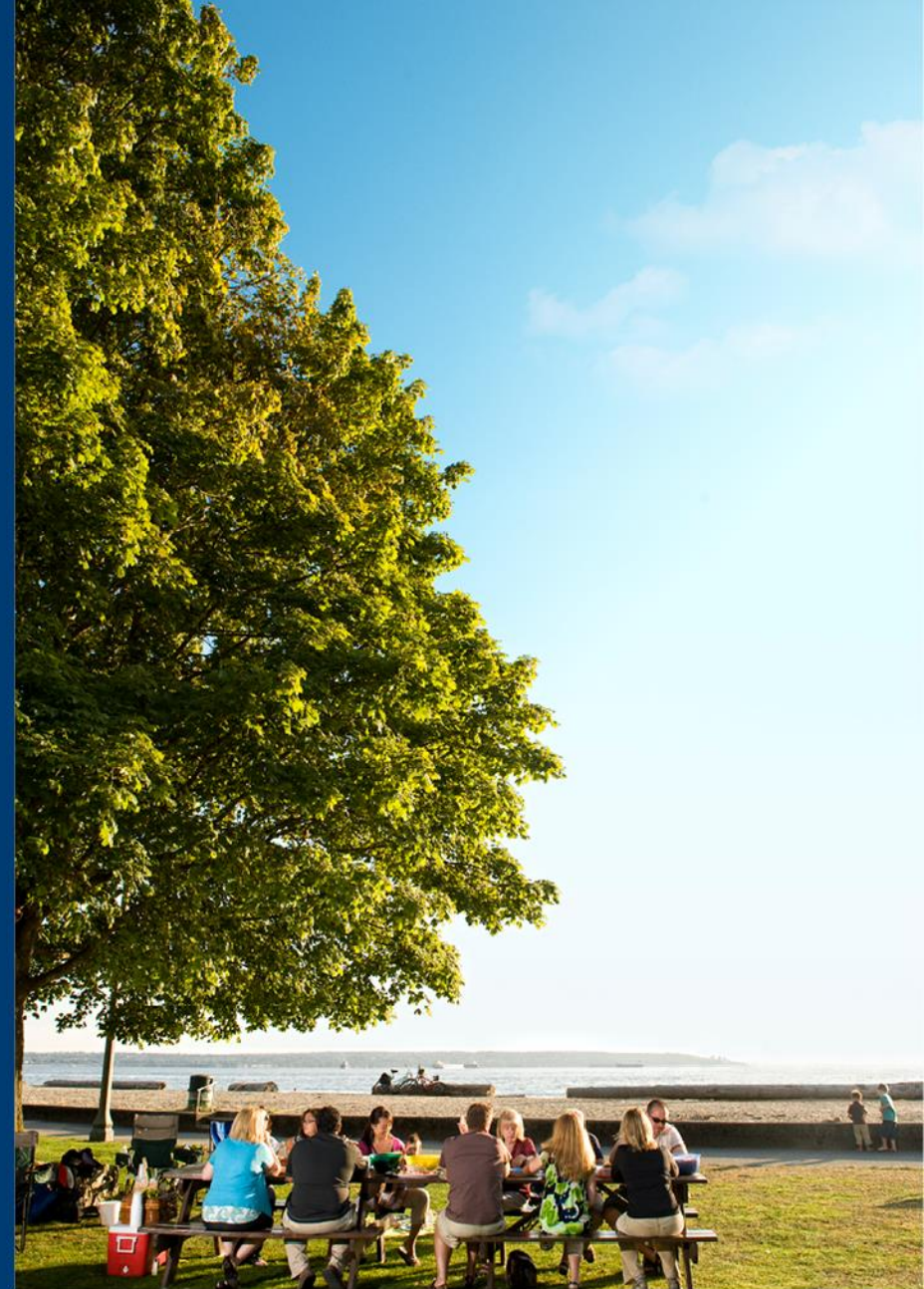
Options:
**Metabolic and
Bariatric Surgery
Preparation and
Support**

kp.org/centerforhealthyliving

Get information about workshops and other programs available through the Center for Healthy Living.

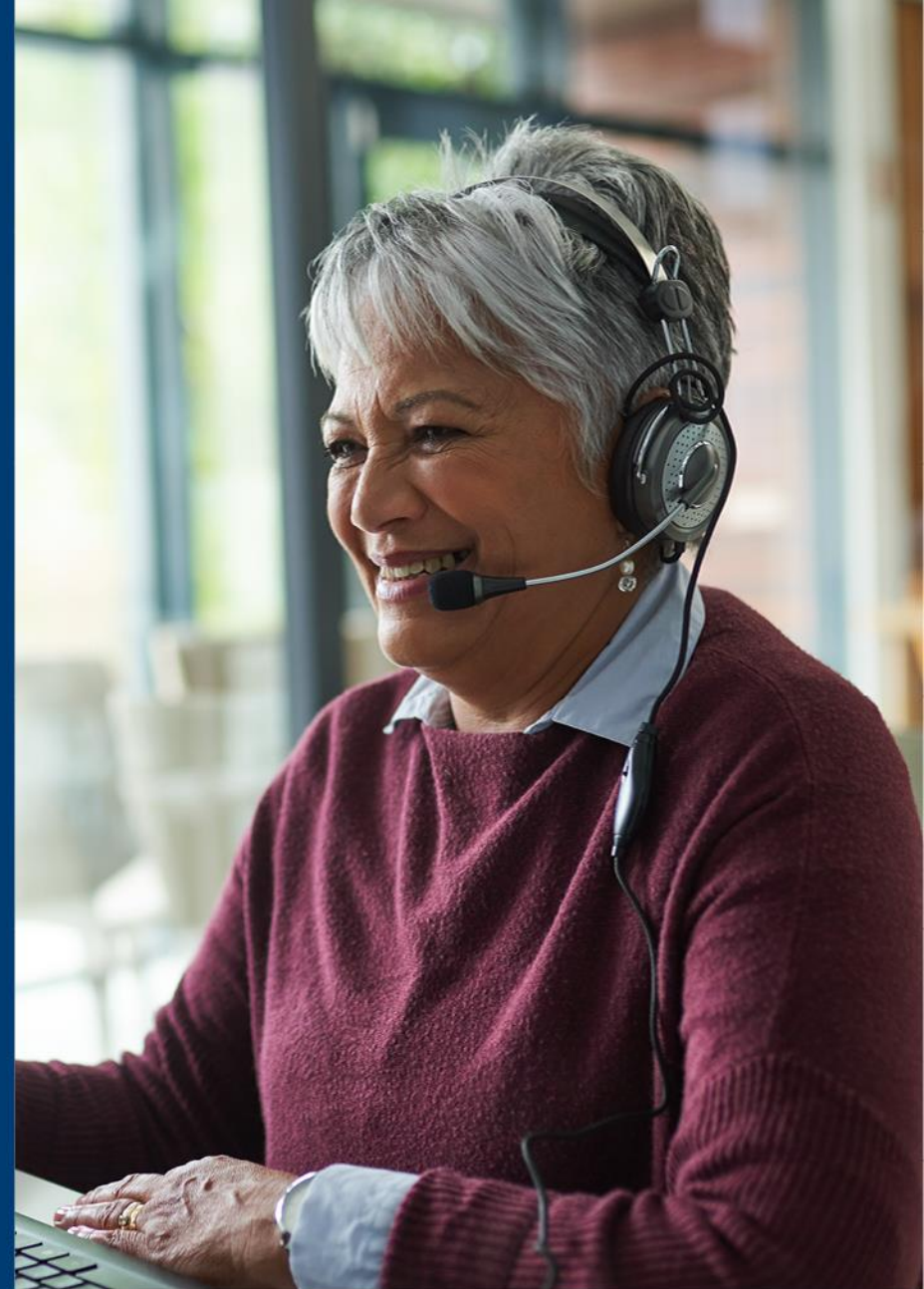


Find resources with more information on today's topic and other popular health topics under Wellness Tools.



Wellness Coaching by Phone 1-866-862-4295

Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.



Questions?



Please use the
chat feature
to submit your
questions.

Irritable Bowel



SCAN
ME

Thank you for attending today's session!

Please take a moment to provide us with feedback. Complete the anonymous survey by clicking on the link in the chat or scanning the QR code with your phone. Your feedback will help us improve this program.