



I.B.S.: Essentials: Expert And Practical Advice; Your Most Vital Questions Answered

Dr Udi Shmueli



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This Essentials book answers all the key questions asked about irritable bowel syndrome (IBS) in succinct, accessible and up-to-date form. If you want more information than we can give you in this book, you might be interested in IBS: Answers at your Fingertips (AAYF), by Dr Udi Shmueli, and published by Class Health (www.class.co.uk). All too often, IBS is dismissed as a trivial complaint blown out of proportion by hypochondriacs. The reality is very different. It is an extremely common and distressing problem affecting up to 20% of the population at any one time. The symptoms include bloating, wind, abdominal pain, diarrhoea and constipation, and the condition can vary in severity. This introductory guide, by an experienced consultant, answers 50 key questions asked by people with IBS and their families. It provides a summary of symptoms and treatments, and offers practical advice on living life with IBS. There is a glossary at the end of this book which contains more terms than you will find within the body of the book.



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