

Irritable Bowel Syndrome (IBS, Cudurka Carqaladeeya Mindhicirada)

Irritable Bowel Syndrome (IBS)

With irritable bowel syndrome, or IBS, the colon, also called the large intestine or large bowel, is more sensitive than normal. The colon overreacts to medicines, food such as chocolate, milk products, alcohol, caffeine and stress. It is seen in men and women but it is more common in women, and it often occurs in people under age 45.

Cudurka carqaladeeya mindhicirada, ama IBS, mindhicirka, waxaa sidoo kale loo yaqaan xanuunka xiidmaha ama xanuunka xiidmaha wayn, waana ka xasaasi badan yahay sida caadiga ah. Mindhirku waxa falcelin saai'd ka sameeyaa daawooyinka, cuntada sida shukulaatada, waxyaabaha caanaha ka sameysan, aalkoolada, kafeega iyo buuq maskaxeed. Waxaa lagu arkaa raga iyo dumarka laakiin waxaa ku badan dumarka, badanaa waxa uu ku dhacaa dadka ka yar 45 sano.

Signs of IBS

- Cramping pain
- Gas
- Bloating
- Constipation
- Diarrhea
- Mucus with bowel movements

Calaamadaha IBS

- Xanuun casiraad
- Gaas
- Dibiro
- Calool fadhiga
- Shuban
- Xab calool sharqan leh

Your Care

IBS is often diagnosed after checking for other illnesses. You may have:

- An exam
- Lab tests of blood and stool
- A test to look inside the colon

It may take some time, but you will find the ways that work best to manage your IBS.

You may need to:

- Avoid the medicines, food and stress that worsen your signs.
- Eat a high fiber diet. High fiber foods include wheat bran, whole grain breads and cereals, peas and beans, nuts, and fresh fruits and vegetables.
- Take medicine to decrease colon cramping.

Talk to your doctor or nurse if you have any questions or concerns.

Daryeelkaaga

IBS waxaa badanaa la oggaadaa marka la baaraayo xanuuno kale. Waxaad sameyn kartaa:

- Baaritaan
- Baaritaanka dhiiga ama saxarada
- Baaritaan lagu fiirinaayo gudaha mindhicirka

Waxay qaadan kartaa muddo, laakiin waxaad heli doontaa qaab wanaagsan oo aad ku xakameyso IBS-kaaga. Waxaad u baahan kartaa:

- Iska ilaali daawooyinka, cuntada iyo walaaca kaaga sii dara calaamadaha.
- Cun cunto faybar leh. Cuntooyinka faybarka leh waxaa kamid ah buunshaha qamadiga, rootiga laga sameeyo sareenka, badarka, digirta iyo digir, loowska, iyo khudaarta miraha ah iyo khudrada.
- Qaado daawo si aad u yareyso mindhicir casiraad.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.