

Mayo Clinic Medical Edge

Stress and I-B-S

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	MAYBE IT'S A NEW JOB, IMPORTANT TEST OR A BIG GAME... SOMETHING HAS YOUR STOMACH TIED IN KNOTS, LEAVING YOU LOOKING FOR A BATHROOM. YOU MAY WRITE IT OFF AS NERVES, BUT IT COULD BE SOMETHING ELSE. I-B-S OR IRRITABLE BOWEL SYNDROME.
Jean Fox, M.D. Track 4 (1:22)	"STRESS DOESN'T CAUSE SYMPTOMS, IT CAN EXACERBATE THE SYMPTOMS OF I-B-S."
	DR. JEAN FOX, A GASTROENEROLOGIST AT MAYO CLINIC SAYS SYMPTOMS CAN

	<p>INCLUDE PAIN AND CRAMPING, BLOATING, DIARRHEA, CONSTIPATION OR ALTERNATING BOUTS OF EACH. WHILE I-B-S IS FAIRLY COMMON NOT ALL PEOPLE WILL NEED TREATMENT.</p>
<p>Dr. Fox Track 1 (4:15)</p>	<p>“WE DO NOTE THAT PEOPLE WHO DO SEEK MEDICAL TREATMENT ARE LIKELY TO HAVE MORE PSYCHO-SOCIAL STRESSORS.”</p>
	<p>THAT’S WHY TREATMENT MAY ALSO INCLUDE STRESS MANAGEMENT TECHNIQUES TO HELP PATIENTS AVOID THOSE SITUATIONS THAT CAN MAKE THE CONDITION WORSE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

