

**WTNS Radio OSU Extension Update for April 10, 2023**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about IBS Awareness Month, and as always look at some upcoming programs from OSU Extension.

Did you know that as many as 1 in 7 people live with Irritable Bowel Syndrome? It is a more common condition than many people realize. That is why April is IBS Awareness Month.

One thing that can be confusing is all the different terms that have to do with gastrointestinal conditions. Here are some definitions from Froedtert and Medical College of Wisconsin.

Irritable Bowel Syndrome (IBS) is a disorder involving the movement of the bowel, which is our intestines. The nerves and muscles in the bowel are overly sensitive in a person with IBS. The disorder is most often identified by A-B-C-D symptoms like abdominal pain, bloating, constipation, and/ or diarrhea.

Inflammatory Bowel Disease (IBD) is a group of inflammatory conditions of the large intestine and, in some cases, the small intestine. These include Crohn's disease and ulcerative colitis.

As we age, pressure within the colon causes bulging sacs of tissue to push out from the colon walls. These sacs are called diverticula. If they become infected or inflamed, it is called diverticulitis.

Celiac disease is an inherited disorder that causes damage to the small intestine and interferes with the absorption of nutrients. Those with celiac disease cannot tolerate gluten, a protein found in cereal grains such as wheat, rye, and barley.

Here are some facts about IBS:

- About 2 in 3 people living with IBS are female.
- People younger than 50 years old are more likely to develop IBS than people older than 50.
- People are more likely to have IBS if they have a family member with IBS.

According to the International Foundation for Gastrointestinal Disorders, "Although IBS does not shorten a person's life span, it can severely impact their quality of life." Individuals with IBS

restrict their activities an average of 73 days out of the year. That equates to a week every month. IBS is one of the most burdensome chronic ailments reported by patients.

Approximately 20 - 40% of all visits to gastroenterologist are due to IBS symptoms. Studies have shown that IBS patients have an increased number of health care visits, diagnostic tests, and surgeries.

Dr. Gokul Bala of the Wexner Medical Center reminds us that our intestines are muscles. As we get older they can tire more quickly just like the other muscles in our body. If you are experiencing gastrointestinal issues, he suggests starting a food journal. This can be very helpful in conversations with your primary care physician.

Dr. Bala also has great suggestions about healthy choices to promote gut health. He says the most important thing is to drink more liquids. He suggests drinking plenty of water along with liquids that contain electrolytes. He also encourages eating the recommended 25 to 35 grams of fiber every day. Though fiber can temporarily cause bloating, it eases constipation and keeps the digestive tract operating smoothly.

If you are looking for excellent sources of fiber, consider prunes and carrots and kiwi. The good news is that making some changes to what, when, and how much a person eats and drinks, along with medications when necessary, can improve the quality of life for some. Always reach out to your doctor or dietitian before making decisions about your treatment.

And now let's look at some upcoming programs from OSU Extension. I will be teaching a program about Avoiding Scams on April 19 at 11:30 AM at the Coshocton Senior Center. Please contact the Coshocton Senior Center to register at 740-622-4852.

OSU Extension will also be offering the ServSafe® Manager Food Safety Training course on Thursdays, June 8, 15, and 22 from 9:00 a.m. until 4:00 p.m., with the proctored exam Thursday, June 29. Look for registration details on our website, [Coshocton.osu.edu](http://Coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!