

Irritable Bowel Syndrome



Irritable Bowel Syndrome (IBS) is a fairly common disease that strikes anywhere between 10–15% of the general population so there is no need to feel like you're suffering alone. The month of April is recognised as IBS awareness month.

IBS is a condition that effects the digestive system which causes stomach cramps, bloating, diarrhoea and constipation and can be ongoing for weeks, months or longer at a time. The exact cause for this condition is unknown but research is ongoing.

There are some do's and don'ts when it comes to IBS. A general guideline can be followed to ensure that symptoms are controlled.

DO: Make sure the majority of food eaten is homemade or fresh; keep a diary of everything you eat in order to understand what triggers symptoms.; take in probiotics to help with the overall health of your digestive system.



DON'T: Eat unhealthy processed foods; drink alcohol or carbonated drinks; eat too quickly or have too much delay between meals.



Four common food offenders for IBS are:
Caffeine, Chocolate, Fibre, Nuts.



If you think you may have IBS don't be afraid to speak to your doctor or do your own research. There are healthy diet plans on the internet you can find as well as tips and techniques listed such as here on this article that should help prevent this dastardly condition.

If you have IBS, you are not alone – IBS is common with prevalence estimated at 10% to 15%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder.

Many individuals with IBS find symptom relief and an improved sense of well-being when they incorporate relaxation techniques into their daily lives.

If your abdominal pain is affecting your sleep, you might want to improve your sleep hygiene. This may include lifestyle changes such as having a regular relaxation period before getting into bed, keeping a consistent wake up time, using the bed only for sleep, avoiding caffeine for at least 4 hours before bed, or not staying in bed awake for longer than 20 minutes. Improving your sleep can benefit your ability to cope with pain.



If you suffer from constipation, be sure to have breakfast. This is the meal that is most likely to stimulate the colon and give you a bowel movement.

Children with IBS need reassurance, to know that bowel problems happen to virtually everyone now and then. Help them make healthy choices. Talk reassuringly and in a matter of fact way about bowel habits. Importantly, recognize the developmental stage of your child and, if necessary, be sure to work with your child's physician to plan treatment that takes into account the child's point of view.

Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Copthorne
350747
Boots - Coleham
362496
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

Stress Awareness Month



Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

During this annual thirty-day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

Stress Awareness Month has been sponsored every April, for the past 28 years, by The Health Resource Network, Inc. (HRN), founded and directed by Dr. Mort Orman, M.D. The HRN is a small, privately-owned, non-profit health education corporation founded in Baltimore, Maryland in 1982. During the past 30 years, HRN has sponsored innovative health education programs and materials for both health professionals and the public. Also in conjunction with National Stress Awareness Month Dr. Orman and HRN are featuring some of Dr. Orman's other stress relief e-books which are for sale on Amazon.com.

Dr. Orman said "Even though we've learned a lot about stress in the past twenty years, we've got a long way to go. New information is now available that could help millions of people eliminate their suffering." He has invited leading health care organizations to develop and disseminate helpful educational materials and other information about stress during the month of April. He is also encouraging stress experts and other health care leaders to conduct public forums, discussion groups and other informative community events.

There are several websites available with support and information resources, these include nopanic.org.uk and mind.org.uk

Bowel Cancer Awareness Month



April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of bowel cancer and funds to support our work. Young, old, female or male – it affects us all. This Bowel Cancer Awareness Month we're shining a light on the varied and many people affected by bowel cancer. But it doesn't just impact the person diagnosed; it affects families, friends and colleagues, doctors and nurses, scientists and researchers. That's millions of people right across the UK. We need more people affected by bowel cancer to come together and take action to create real hope, now and for the future.



Many of our fantastic supporters are helping to fundraise towards a future where nobody dies of bowel cancer. You can too by hosting a fundraiser coffee morning, a pub quiz or by getting inspired from our A-Z of fundraising ideas.



Whatever you decide to do this April, we want you to be part of our team. Let us know what you decide by filling in the form you can find on <https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/fundraise-your-way/>, be on hand to chat through your ideas and provide support.



Another way to help is to donate monthly or with a one-off gift and help us ensure a future where nobody dies of bowel cancer. Your support will help save lives.



Contact Information

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