Treatments for Irritable Bowel Syndrome (IBS)

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En Español (Spanish Version)

There is no cure for IBS. However many people are able to control their symptoms with lifestyle modifications, stress management, medications, and alternative treatments. The goal of treatment, therefore, is to minimize your symptoms and the effect they have on your life. Treatment involves the following:

Lifestyle changes
Medications
Alternative and complementary therapies

At this time there are no surgical procedures to treat IBS.

REFERENCES:


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