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Irritable bowel syndrome is a chronic disorder that is characterized by abdominal pain, discomfort, bloating and alteration of bowel. In some cases bowel movement syndrome is not shown while symptoms of diarrhea or constipation arise.

Irritable bowel syndrome may arise after an infection, stressful life or onset of maturity without any medical indication. Irritable bowel syndrome animation can help to know more about the condition. These animations are extremely beneficial in offering all the information about the conditions.

â€¢ There is no cure available for irritable bowel syndrome but treatments are available to provide relief from the symptoms. It does not lead to more serious conditions.

â€¢ Exact cause behind the occurrence of the disease is not known but it is believed that it occurs due to the disorder between brain and gastrointestinal tract.

â€¢ It is a chronic condition that affects the quality of life of the sufferers. More information can be obtained with the help of irritable bowel syndrome animation as these animations offer relevant information in a very easy to grasp manner.

â€¢ Irritable bowel syndrome shows various symptoms such as abdominal pain, discomfort, frequent diarrhea or constipation, change in bowel habits.

â€¢ It can also develop from an infectious illness the affected person can also suffer from fever, vomiting, diarrhea etc.

â€¢ It mainly affects those who are suffering from depression, anxiety and other psychological disorder. Some people only suffer from one or two symptoms while the worst cases may suffer from all.

â€¢ The causes are not exactly known. It is believed that acute gastrointestinal infection can raise the risk of developing the syndrome. Other risk factors are like young age, depression, prolonged fever; anxiety etc.

â€¢ People who suffer from unstable mentality and those who have gone through nervous breakdown caused by physical or psychological load are most subjected to this. Irritable bowel syndrome animation helps to understand about the symptoms and causes in a very easy and useful manner. Thorough information about the syndrome can be obtained with the help of these animations.

â€¢ No specific test is available that can diagnose irritable bowel syndrome; it is diagnosed by the symptoms that a patient suffered.

â€¢ The chances of getting affected from the disorder can be reduced by making lifestyle modifications.

â€¢ Some dietary modifications can help to improve the condition. Protein rich diet must be taken and use of fructose should be reduced besides this, you can use green vegetable and fibers in your diet. Irritable bowel syndrome animation is useful in providing relevant information in a very beneficial manner. These animations describe about the symptoms, causes and preventions of the disease in a very entertaining way which is quite easy to grasp.

â€¢ Exercise is very important to make you physically and psychologically fit.

These modifications are very beneficial in improving the condition.

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