



April 2017

April: National IBS Awareness Month

So, what is IBS?

IBS stands for **Irritable Bowel Syndrome**. It is a condition that is fairly common and that affects the large intestine (also called the colon). In the past, it has had other names such as nervous colon or spastic bowel.

It is different from other conditions affecting the large intestine like Crohn's and ulcerative colitis. These illnesses cause actual damage to the tissues of colon – which can lead to colon cancer. IBS does not cause actual damage to the colon.

What are the symptoms?

The most frequently experienced symptoms of IBS are:

- ◆ bloating
- ◆ abdominal pain
- ◆ gas
- ◆ changes in bowel movement pattern such as diarrhea, constipation, or both
- ◆ mucus in the stool

What causes IBS ?

There are a number of potential triggers or causes of IBS such as specific foods, other medical conditions, stress, and hormone changes.



Who is at greatest risk for IBS?

IBS tends to affect:

- ◆ individuals who are younger than age 45
- ◆ females - in fact, women are twice as likely to experience IBS than men
- ◆ those with a family history of IBS
- ◆ people who experience mental health conditions like depression and anxiety

How is IBS treated?

While there is not a cure for IBS, there are many things you and your doctor can do to help manage the symptoms including:

- ◆ changes in diet,
- ◆ medications,
- ◆ probiotics,
- ◆ psychological therapies and
- ◆ stress management strategies.

How many people are affected?

About 1 in 5 adults in the US have the symptoms of IBS, but only 1 in 5 of these get medical help for it. For most people, IBS is usually a long-term or chronic condition.

If you are experiencing on-going changes in your bowel behavior, or have other symptoms of IBS, see your doctor. These symptoms can also be the sign of more serious intestinal conditions. But you won't know unless you get checked!

Tech Corner

If you have IBS, these apps may be useful.

iPhone: **Bowelle - The IBS Tracker**
<https://itunes.apple.com/us/app/bowelle-the-ibs-tracker/id1002889997?mt=8>



Android: **My IBS Diary** :
<https://play.google.com/store/apps/details?id=info.lifestylesoftware.ibsdiary&hl=en>



Recommendations on “Screen Time” for Kids



Kids today are growing up in a world with much more digital media than their parents did. Knowing how much and what type of “screen time” your children should have can be hard.

This past October, the **American Academy of Pediatrics** came out with updated guidelines. Here is a summary:

- Children under 18 months, avoid all screen media except video-chatting like Skype or FaceTime.
- Children 18-24 months, parents should choose only high-quality programs and watch them with the child to help them understand what they are watching.
- Children ages 2-5 years, limit to 1 hour of high-quality programming per day and parents should continue to co-watch.
- Children 6 and older, parents should place consistent limits on the time and type of screen media used, and make sure it does not take the place of physical activity and getting proper sleep.
- Parents should establish “media-free” times for the family such as during meals and when driving; also, set “media-free” locations in the home like bedrooms.
- Have regular conversation with children about online safety and proper behavior including treating others with respect both online and in person.

The following site is an interactive tool that helps you create a media plan tailored to your own family. Check it out! <https://www.healthychildren.org/English/media/Pages/default.aspx>

Crunchy Hawaiian Chicken Wrap

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables topped with a delicious poppy seed dressing and wrapped in a warm, whole-wheat tortilla.

Makes 6 Wraps | Calories/Serving 308 | Sat. Fat 2 g | Sodium 408 mg | Protein 24 g

Prep time: 20 minutes

Ingredients

- | | |
|----------------------------|--|
| ◆ 1/4 cup light mayonnaise | ◆ 2 cups fresh broccoli, shredded |
| ◆ 1/8 cup white vinegar | ◆ 1 1/2 cups fresh carrots, peeled, shredded |
| ◆ 1/4 cup sugar | ◆ 1/4 cup canned crushed pineapple, in 100% juice, drained |
| ◆ 1 teaspoon poppy seeds | ◆ 1 cup fresh baby spinach, chopped |
| ◆ 1 1/2 tsp. garlic powder | ◆ 3 cups cooked diced chicken, 1/2" pieces (12 oz) |
| ◆ 1 1/2 tsp. onion powder | ◆ 6 whole-wheat tortillas |
| ◆ 1 1/2 tsp. chili powder | |



Directions

- 1) In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder and chili powder for the dressing. Mix well. Cover and refrigerate.
- 2) Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
- 3) For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Suggestion: Filling may be made up to one day in advance. Assemble wraps when ready to serve.

Source: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/crunchy-hawaiian-chicken-wrap>