

BLOATED?

GASSY?

STUCK IN THE LOO?

IT'S NOT JUST CONSTIPATION
– IT COULD BE IRRITABLE BOWEL SYNDROME
WITH CONSTIPATION (IBS-C)

Persistent bloating, constipation or abdominal pain messing with daily life?
See a doctor for a diagnosis and treatment. Seek urgent medical attention for
unexplained weight loss, blood in stool or sudden bowel habit changes.

TRIGGERS INCLUDE

STRESS



DIET



POOR
SLEEP

1 in 10

HAVE IBS WORLDWIDE, AND
IBS-C IS ONE OF ITS MOST
COMMON SUBTYPES

IBS-C
IS MORE COMMON IN
WOMEN
THAN MEN

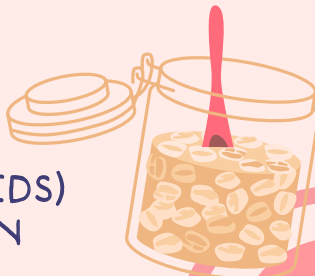
KEEPING
THINGS MOVING:

Manage stress for better mental wellbeing,
nourish your gut with probiotics and fuel your
body with a balanced diet rich in soluble fibre.



NOT ALL FIBRE HELPS

SOLUBLE FIBRE
(OATS, BEANS, CHIA SEEDS)
= EASES CONSTIPATION



INSOLUBLE FIBRE (RAW
GREENS, CAULIFLOWER)
= MAY MAKE IT WORSE!

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