

**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**

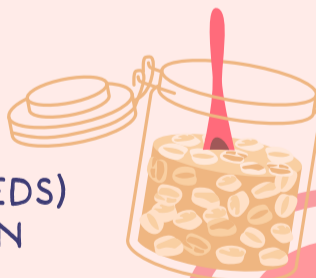
**KEEPING  
THINGS MOVING:**

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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