

Spastic Colon Medication

S **pastic colon** is a common disorder of the bowel portion, which causes signs like, pain in the abdomen and irregular bowel movements. Commonly referred to as **irritable bowel syndrome** (IBS), it is associated with repeated contractions of the small and large intestinal muscles. Despite the fact that there is no cure, the condition can be combated with effective medication and dietary changes.

- You are a fan of the taste and consistency of Greek yogurt, it can be an essential part to weight management.
- Its higher protein product will keep you complete longer.
- The lower sugar is a great choice for diabetics and others looking to decrease sugar consumption.



Try Eating Regular Meals and Keeping Your Mealtimes on a Schedule

Eating on the run or missing a meal could throw off your digestive system. Take a look at your diet, and make sure you are eating the right foods. High-fiber foods, such as bran, whole grains and lots of fruits and vegetables, are good choices. It is best to avoid over-processed foods with little fiber. Also prevent large amounts of milk, cheese, meat, fatty foods and refined sugar.

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IBS treatment and acidity acid reflux Abdomen discomfort is awful and it can be an indication of several things. You can get a stomach pain when you are susceptible to Gerd, heartburn named as dyspepsia or when you have ibs (IBS). A number of us suffer from level of acidity heartburn...

Treatment and Medication

There is no particular diagnostic method for discovering this condition. Hence diagnosis of irritable bowel syndrome is performed in the reverse way, by ruling out other health conditions that mimic **spastic colon symptoms**. For confirmation, the doctor may perform laboratory tests such as abdominal X-ray, blood test, rectal exam, colonoscopy, and urinalysis.

Enlarged Spleen

Spleen, the triangular shaped organ does an important job of producing white blood cells to fight infections. It is located in the lower left area of the chest, to the left hand side of the stomach. Damage to this vital organ due to an injury or spleen disorders makes it swollen or enlarged, leading to persistent pain under left rib cage. Mononucleosis (viral illness) and liver disorders (cirrhosis) are some of the factors that can cause spleen enlargement.

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