

Symptoms Testing and Treatment of IBS in Men - Understanding the Diagnosis

IBS or **irritable bowel syndrome** is a very common colon disorder. Also known as spastic colon, this disease affects approximately 15% of the population in North America. Though it is alright to have digestive disorders once in a while, people suffering with this disease may experience it more often than others. The patient may experience digestive concerns like belly pains and **diarrhea** more often since the symptoms come and go quite frequently. IBS is a chronic disease that can stay with you for life long. There are a couple of things that one should look into when handling symptoms testing treatment for IBS in males. Let us understand what these issues are.



Spondylitis

Spondylitis happens when the vertebrae or the back joint gets irritated. It can be of different types like ankylosing, rheumatoid, traumatic, spondylitis deformans, Kimmel, and Marie-Strmpell, etc. Stiffness, especially after getting up in the morning, back pain, etc., are the symptoms of this condition.

Similar to pain, stomach tightness, when followed by other symptoms, should not be ignored as it can be a sign of a major condition. If left untreated, the majority of the diseases can turn chronic, and can be difficult to treat. Therefore, it is advised to consult a doctor right away and carry out timely treatment. Take care!

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