

Koj puas muaj tus tsos mob plab plob tsis so (IBS)?



Txhua xyoo, li 10-15% ntawm cov neeg laus hauv Teb Chaws Mes Kas yuav raug kev txom nyem los ntawm Tus Tsos Mob Plab Plob Tsis So, los sis IBS. Yog tias koj muaj cov tsos mob hauv qab no, koj tuaj yeem muaj IBS:

- Rov qab mob hauv koj lub plab (lub plab theem hauv qab)
- Kev hloov pauv hauv koj lub plab zom mov uas tej zaum yuav ua rau raws plab, cem quav, los sis ob qho tib si
- Xeev siab los sis ntuav

Cov kws kho mob tsis paub meej tias dab tsi ua rau IBS, tab sis lawv tuaj yeem nthiav pom yog tias koj muaj IBS los sis lwm qhov teeb meem. Lawv tuaj yeem pab koj nrhiav kev kho mob kom hnov tau tias zoo tuaj.

Muaj ntau txoj kev xaiv rau kev kho mob. Nov yog qee yam uas cov kws kho mob pom zoo kom kho IBS:

- Hloov yam koj noj
- Kev noj probiotics los sis lwm yam tshuaj
- Nrhiav txoj hauv kev los txo kev ntxhov siab, xws li kev zaum xav los sis tham nrog tus kws pab tswv yim

Yog tias koj hnov tau tias koj muaj IBS, hu rau koj tus kws muab kev pab saib xyuas xub thawj (PCP) thiab teem caij rau hnub no!

Puas xav tau kev thauj mus los rau koj qhov kev teem caij mus ntsib tus kws kho mob? Hu rau **(866) 907-1493**.



Puas xav nrhiav tus kws kho mob? Mus saib [molinaproviderdirectory.com/wi](https://www.molinaproviderdirectory.com/wi) los sis hu rau peb ntawm **(888) 999-2404 (TTY: 711)**, Hnub Monday - Hnub Friday, 8 teev sawv ntxov - 5 teev tsaus ntuj.

Kev noj zaub mov txhawm rau IBS

Ib txoj hauv kev uas koj tuaj yeem ua kom yooj yim rau koj cov tsos mob IBS yog noj cov zaub mov kom muaj kev noj qab haus huv uas muaj fiber ntau thiab muaj gluten tsawg. Koj kuj tseem tuaj yeem zam cov roj uas tsis zoo. Nco ntsoov haus dej kom ntau. Thaum xaiv cov zaub mov tshiab, nco ntsoov xav txog lwm yam teeb meem kev noj qab haus huv los sis kev tsis haum zaub mov uas koj yuav muaj.

Nov yog qee qhov piv txwv ntawm cov zaub mov uas nyab xeeb nrog IBS:

- Nqaij uas tsis muaj qhov rog, xws li nqaij qaib dawb los sis qaib ntxhw
- Qe
- Cov ntsees rog, xws li ntsees salmon los sis ntsees dawb (whitefish)
- Zaub ua siav uas tsis muaj mis nyuj khov npas taws los sis txuj lom
- Nplooj ntsuab zoo li zaub collard los sis zaub kale
- Cov txiv hmab txiv ntoo uas muaj piam thaj tsawg, zoo ib yam li txiv berries los sis dib pag
- Noob taum nyoos (raw nuts) los sis kua mis nyuj khov npas taws noob taum (nut butter) tsis muaj ntsev los sis piam thaj
- Cov noob zoo li paj noob hlislos sis noob taub dag
- Cov khoom noj uas muab raus dej cia uas muaj probiotics, ib yam li yogurt los sis zaub qhwv raus dej cia
- Cov kua pob txha



Qhov chaw tau los:

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

<https://gi.org/topics/irritable-bowel-syndrome/>

<https://www.verywellhealth.com/the-ten-best-foods-for-ibs-1945014#:~:text=You%20can%20ease%20your%20IBS,flora%20in%20you%20have%20IBS.>