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Nota di contenuto	Irritable Bowel Syndrome: Diagnosis and Clinical Management; Copyright; Contents; List of Contributors; Foreword; Preface; Part 1 Overview of Irritable Bowel Syndrome; Chapter 1 Definitions and Classifications of Irritable Bowel Syndrome; Background; Definitions of irritable bowel syndrome; Classification of irritable bowel syndrome; Conclusions; References; Chapter 2 Epidemiology of Irritable Bowel Syndrome; Introduction; Methodology; Prevalence in various populations; Type of diagnostic criteria; Recruitment of patients; Age; Sex differences; Reporters and non-reporters; Subtypes of IBS Fluctuation in severityFollow up; Post-infectious IBS; Other risk factors; Summary; Acknowledgement; References; Multiple Choice Questions;

Chapter 3 Global Impact of Irritable Bowel Syndrome; Global prevalence of IBS; Global impact of IBS; Impact of comorbidity; Economic consequences of patient assessment; Economic impact of management strategies; Conclusion; References; Multiple Choice Questions; Part 2 Diagnosis of Irritable Bowel Syndrome; Chapter 4 What is the Best Way to Identify and Quantify Irritable Bowel Syndrome?; Best way to identify IBS; Best way to quantify IBS

Relation of symptom severity to clinical responseConclusion; References; Multiple Choice Questions; Chapter 5 Practical Approach to Clinical Assessment of Irritable Bowel Syndrome; Introduction; Gathering information before the interview; Interview; Clinical features; Somatization and comorbidities; Precipitating events; Physical examination; Investigations and management; Conclusion; Useful web links; References; Multiple Choice Questions; Chapter 6 Interface between Primary Care and Secondary Care; Introduction; IBS in primary care; Presentation to primary care; Principles of primary care

Diagnostic criteria and guidelines - making a positive diagnosisInvestigating IBS in primary care; Management of IBS in primary care; Lifestyle advice; Diet; Pharmacological therapy; Attitudes towards IBS; Developing a positive doctor-patient relationship; Referral to secondary care; The role of secondary care; Primary/secondary care communication; Multidisciplinary management of complex IBS; Managing IBS in the community: future developments; Conclusion; Useful web links; References; Multiple Choice Questions; Part 3

Symptom-specific Treatment of Irritable Bowel Syndrome

Chapter 7 Self-Management Strategies for Irritable Bowel SyndromeSelf-efficacy; Five core self-management skills; Patient-clinician communication; Clinician/facilitator's role; Patient barriers to success; Self-management integrated into health care; Self-management recommendations in current guidelines and systematic reviews; Summary; Useful web links; Self-help books for IBS patients; References; Multiple Choice Questions; Chapter 8 Food-related Symptoms of Irritable Bowel Syndrome; Importance of the relationship between food and IBS; Elimination diets; Elimination and supplementation diet

Supplementation diets

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#### Sommario/riassunto

This comprehensive yet concise guide to the diagnosis and management of IBS is divided into four main parts: Overview, Diagnosis, Symptom-specific Treatment, and What's Next in IBS. Each chapter includes a summary of key points, and most chapters include cases and multiple choice questions for rapid review. Clinicians who manage patients with IBS will want to keep this dependable reference close at hand.

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