



## APRIL eHEALTH 2018

During April in the US, we focus on Irritable Bowel Syndrome (IBS), a chronic condition that causes many people to lead restricted lives in areas such as diet, socializing and energy level. Learn what IBS is, how it differs from other digestive disorders and ways to manage symptoms.



### DID YOU KNOW?

- Irritable Bowel Syndrome (IBS) is a gastrointestinal disorder that affects up to 20% of US adults.
- While the hallmark of IBS is abdominal pain that is associated with a change in bowel habits, a number of symptoms occurring together form an IBS diagnosis.
- People with IBS often have triggers that bring on symptoms such as artificial sweeteners, carbonated beverages, onions, garlic, smoking, and alcohol. Greasy foods can also play a role.
- Most people with IBS see worse or more frequent signs and symptoms during periods of increased stress.
- Inflammatory Bowel Disease (IBD) differs from IBS. Unlike the disease, the syndrome does not cause inflammation or damage in the intestines. IBD most often refers to **Crohn's disease and ulcerative colitis (UC)**.



### TAKE ACTION

- The International Foundation for Functional Gastrointestinal Disorders has developed a **Symptom Diary**. Keeping a detailed record of pain, diet, medication, stool consistency, and other factors may help your physician to make an IBS diagnosis.

- For many people, eating a proper diet, refraining from smoking and not eating large amounts of food at one time may help lessen IBS symptoms.
- According to the American Gastroenterological Association, probiotics may also help IBS symptoms and are safe.
- Take advantage of stress management webinars, articles and other resources offered through **LifeCare®** to help you manage life's everyday challenges.
- Visit the Managing Stress section of the **Employee Assistance Program** website where you can take a self-assessment of your current stress level.



### UPCOMING LIFECARE® WEBINARS:

*Be Positive*  
TUESDAY, APRIL 24 —  
1:00 – 2:00pm EST

*Planning Healthy Meals*  
TUESDAY, MAY 22 —  
1:00 – 2:00pm EST

Login to **LifeCare®** and search for Webinars.



### UPCOMING EMPLOYEE ASSISTANCE PROGRAM (ONE-HOUR) WEBINARS:

- *Managing Change*  
WEDNESDAY, APRIL 18 — 1:00 pm CDT
- *Manager's Guide: Depression in the Workplace*  
WEDNESDAY, MAY 2 — 1:00 pm CDT
- *Keeping Up With the iKids*  
WEDNESDAY, MAY 23 — 1:00 pm CDT

Click [here](#) to access the EAP webinars.



### FOOD OF THE MONTH: DON'T FORGET TO SAY, "PEAS."

Peas are an excellent source of vitamin C, vitamin K, manganese, and most B vitamins, particularly thiamin (B1). Try this diabetic appropriate, heart healthy and gluten free recipe where quickly cooked snap peas retain their distinctive crunch, becoming the star in this **simple green salad**.

ALWAYS LEARNING

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Sources: [aboutibs.org](http://aboutibs.org), American Gastroenterological Association, [eatingwell.com](http://eatingwell.com), International Foundation for Functional Gastrointestinal Disorders, Cleveland Clinic, Mayo Clinic