



## What Is Irritable Bowel Syndrome (IBS)?

Symptoms vary from one individual to another. It is a condition affecting around one in five adults.

An assessment for IBS should be considered if you have had any of the following symptoms for at least

six months: abdominal pain or discomfort, bloating, or change in bowel habit.

A diagnosis of IBS should be considered only if there is abdominal pain or discomfort that is either relieved by defecation or associated with a change in bowel habit. Other features such as lethargy, nausea, backache and bladder symptoms are common in people with IBS.

IBS **should** be confirmed by your doctor for referral to see a specialist. So if you have any of the following:

- unintentional and unexplained weight loss
- rectal bleeding
- a family history of bowel or ovarian cancer
- a change in bowel habit to looser and/or more frequent stools persisting for more than six weeks.

It is important to learn how to deal with the flare ups, lifestyle changes and stress management. Our goal is to keep the symptoms from interfering with your day-to-day life.

You are not alone



We would like to welcome anyone to attend our support group held at

**Horden Community Centre,**

Eden St, Horden, Peterlee SR8 4LH

The Group supports people with **Ileostomy, Colostomy, Urostomy** and other **IBDs** and **IBS** conditions.


It is confidential, welcoming and friendly. The group meetings are held every Monday. (excluding Bank Holidays)


**10:00am to 12:00pm**

Find us on



#oopsed Durham OOOPS

 <https://oopsgroup.wixsite.com/stoma>

 [oopsgroup@outlook.com](mailto:oopsgroup@outlook.com)

It is an informal free Tea and Coffee get together

For more information contact

**Claire on 0191 5863520**

**OOOPS Group** is a mutual support group which has the primary aim of helping people who have had their colon removed or are having problems with their colon or bladder.

- The group was started in March 2016. Meetings are organised weekly for members to attend. They are supported by a talk on either medical or general subjects, or the meetings may be of a social nature.

- It is estimated in Great Britain 1 in 500 have a Colostomy, 9,000 have an Ileostomy and 400 new pouches. There are 3,500 people in the county of Durham with a bag. This means that you might well have already met someone who has an ostomy or internal pouch, and know that they are able to lead perfectly normal lives.



- OOOPS Group** aims to help anyone who has had, or is about to have, their colon or bladder removed to return to a fully active and normal life as soon as possible.

We want to improve knowledge about the management of IBDs and IBS problems, to help them with all aspects of their rehabilitation including social activities, relationships with their families, friends, employers, colleagues and members of the general public.



## What Is Inflammatory Bowel Disease?

Inflammatory bowel disease (IBD) refers to different chronic conditions or diseases that may be related, For example.

- Bowel Cancer and Polyps
- Infectious colitis
- Ischemic colitis
- Radiation colitis
- Diverticular disease
- Crohn's disease and Ulcerative Colitis.

Diseases of the wall of the bowel or intestines lead to a bowel that is inflamed, swollen and may develop ulcers.

The inflammation results in various degrees of abdominal discomfort, diarrhoea, and intestinal bleeding. All diseases can result in serious digestive problems.

## What is Urostomy?

A stoma re-directs urine away from a bladder that's diseased, has been injured, or isn't working as it should.