

Module 4, Lesson 7 Quiz:

IBS & Stress

1. A client comes to you complaining of bloating, cramping, constipation and diarrhea with a lot of gas. The symptoms are frequent and can get worse. The best plan is to:
 - a. Tell her you won't work with her unless she gets a diagnosis
 - b. Recommend a food journal and set about finding her triggers
 - c. Recommend she see a gastroenterologist ~~dot~~ and look through her usual diet for possible triggers**
 - d. Recommend she start on a probiotic immediately

2. The three biggest contributors to IBS are:
 - a. Sleep deprivation, diet & socioeconomic status
 - b. Dehydration, medication use & genetics
 - c. Certain foods, stress & hormones**
 - d. Age, education level & mental health

3. Diagnosing IBS is an important factor in treatment because a lot of digestive disorders look the same or have similar symptoms. When it comes to IBS:
 - a. People usually have similar profiles and it is easy to spot
 - b. People have individual experiences with it so it is tricky to spot**
 - c. People meet criteria if they have at least 3 confirmed symptoms
 - d. The IBS diet offers great relief to most who suffer from it