

In This Issue

- **IBS Awareness Month**
- **FND Awareness Month**
- **Easter Clinic Hours**



What is IBS?

IBS stands for **I**rritable **B**owel **S**ndrome. This is a disorder in which abdominal pain is associated with a range of symptoms. It affects up to 10-15% of adults and is the second cause of absenteeism from work.

IBS can cause **symptoms** such as:

- Belly pain
- Cramping
- Gas and bloating (or swelling of the belly)
- Change in stool

There are **3 types** of IBS:

IBS-D: IBS with Diarrhea

- You may often have loose stool
- You may often feel an urgent need to move your bowels
- You may often have cramps or belly pain

IBS-C: IBS with Constipation

- You may find it hard to move your bowels
- You may not often move your bowels
- You may have an urge to go but cannot go

IBS-M: IBS Mixed

- You may have symptoms of both IBS-D and IBS-C

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy

Common IBS Symptoms



There is currently no known cause for IBS; however there are a wide variety of reasons why someone will develop this condition. Some factors that can provoke symptoms include:



Symptoms that would warrant a visit to your family doctor include:

- Persistent change in bowel habit for 4 weeks or long
- Passing blood in stool
- Unintentional weight loss of 4lbs or more in a short time
- Diarrhea waking you from sleep
- Fever

Treatment

The goal of **IBS treatment** is to provide relief of the symptoms. There are several ways to go about doing so that may include:

- Dietary changes
 - Bloating, abdominal pain and diarrhea may respond to dietary changes. For example, those who suffer from diarrhea may have improvement by reducing their intake of caffeine or fatty foods as these stimulate colonic contractions. Whereas someone who suffers from constipation may benefit from eating less food containing carbohydrates as these are not digested well in the small intestine.
- Medications
 - Certain types of medications can help aid in the relief of IBS symptoms. Laxatives are used to treat constipation, muscle relaxants are used to relieve bowel spasms and cramping, antibiotics to help alter the composition of the gut flora.
- Psychotherapy
 - There is a strong connection between the nervous system and colonic function. If emotional stress is a trigger, there are several interventions that might be used such as cognitive behavioral therapy and hypnotherapy.
- Alternative therapies
 - Certain probiotics have been shown to be helpful as well as acupuncture and therapeutic massage as these help reduce stress and anxiety which may trigger symptoms.

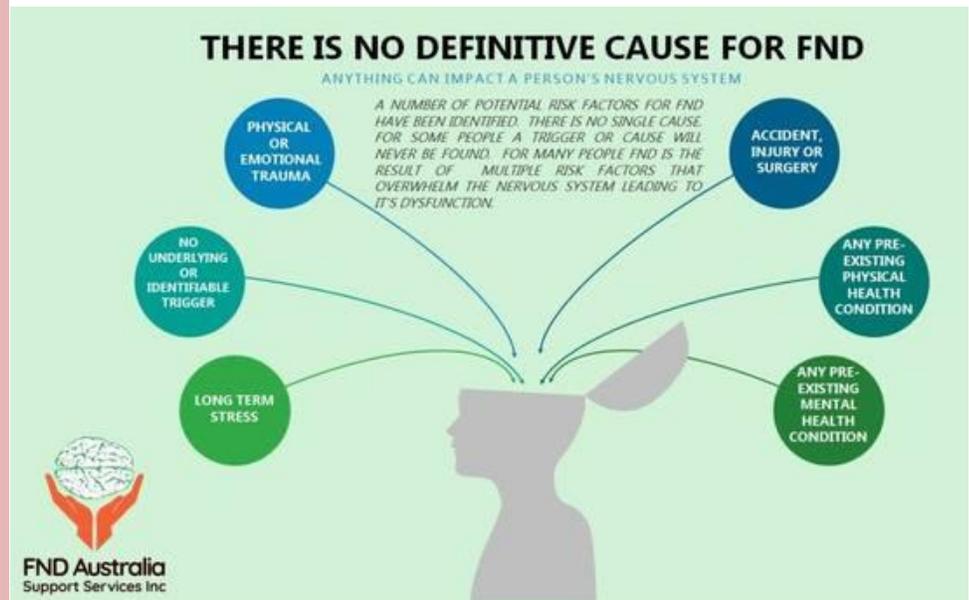
What is FND?

FND stands for **F**unctional **N**eurological **D**isorder. It's a broad term that feature nervous system (neurological) symptoms that can't be explained by a neurological disease or other medical condition.

The cause is still unknown, but the condition can be triggered by a neurological disorder or by a reaction to stress or psychological or physical trauma. FND is related to how the brain functions, rather than damage to the brain's structure such as from a stroke, MS or injury.

Factors that may increase the risk of developing FND include:

- Dissociative disorders
- Personality disorders
- Distressing life events
- Childhood traumas
- Having a family member with FND



Symptoms – symptoms may vary and can affect body movement and function of the senses.

Signs and Symptoms that may affect the body include:

- Weakness or paralysis
- Abnormal movement, such as tremors and difficulty walking
- Loss of balance
- Difficulty swallowing or feeling “a lump in the throat”
- Seizures or episodes of shaking and apparent loss of consciousness
- Episodes of unresponsiveness

Signs and Symptoms that may affect the senses include:

- Numbness or loss of the touch sensation
- Speech problems, such as inability to speak or slurred speech
- Vision problems, such as double vision or blindness
- Hearing problems or deafness

Hypersensitivity
Drop attacks Tremors
Dystonia Fleeting sensations
Stroke-like symptoms Dissociation
Walking difficulties Spasms
Loss of bladder/bowel function
Cog fog Chronic pain
Limb weakness Speech impairment
Dizziness Anxiety Fatigue
Seizures Depression
paralysis Stress
Myoclonus

Treatment

- Psychotherapy – people with FND related to a stressful or traumatic event, or an underlying mental health condition, may benefit from working with a psychotherapist or psychologist.
- Physical therapy
- Medication
- Transcranial magnetic stimulation (TMS)
- Lifestyle changes



Our clinic will be **CLOSED** Friday April 2nd for Good Friday. We will resume regular clinic hours on Monday April 5th.

Enjoy this time with your family, but please stay safe!

HAPPY EASTER from everyone at Accelerated Health and Wellness.

Coronavirus update;

We are now operating in the **RED ZONE**. This means our waiting room and gym are OPEN! We still ask that you arrive for your appointment no later than 5 minutes before your start time unless stated otherwise.

Please be aware there are several new safety measures in effect.

Each patient will need to complete a verbal screening when entering our clinic.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

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