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Emirates Diabetes Society, UAE

Irritable bowel syndrome dietary management

Irritable Bowel Syndrome (IBS) is a common functional gastrointestinal disorder in which recurrent abdominal pain is associated with changes in bowel habits. IBS affects 9-23% of the population across the world and about 20% of the UAE population and its prevalence rates are higher for women than for men. IBS does not cause any changes in bowel tissue and won't lead to colorectal cancer. On the other hand, it is considered as a chronic condition that needs to be managed for long time. Signs and symptoms include cramping, abdominal pain, bloating, gas and diarrhea or constipation. Only a small number of people with IBS have severe symptoms, while some people can control their symptoms by managing diet, lifestyle and stress, others with more severe symptoms can be treated with medication. Young female individuals and a family history of IBS or mental health problem have higher risk in developing IBS. IBS symptoms can be triggered by food, stress and hormonal change. But finding ways to deal with stress may help in the relief of the symptoms. In addition, the importance of modifying the diet and the lifestyle into healthy ones, especially that contain all the essential nutrients for relieving IBS symptoms as well stress management, yoga and healthy sleeping patterns are very useful.

Biography

Dana Al-Hamwi has completed her Doctorate in Medicine from the University of Damascus, Syria. She has pursued her Master's degree of Medical Science specializing in Human Nutrition from the University of Sheffield, UK. She is the Clinical Dietitian of the Emirates Diabetes Society. She is registered Nutritionist in the Dubai Health Care City (DHCC). She is also registered as a Clinical Dietician in DHA (Dubai Health Authority). She offers individualized nutrition evaluations, assessments and clinical consultations at her clinic Dr. Dana Diet Center, which ensures that a person on track to prevent nutrition-related diseases and improving overall health.

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