

Managing irritable bowel syndrome

Dietary approaches and food intolerance

Irritable bowel syndrome (IBS) affects the life of many individuals in Sweden, and is one of the most common functional gastrointestinal disorders worldwide. The pathophysiology in IBS is yet only partly understood, and there is an ongoing search for novel biomarkers that can facilitate the diagnosis and understanding of the disorder.

Food intake in general, and some foods in particular, can cause gastrointestinal symptoms in patients with IBS. In fact, a vast majority of patients with IBS report that specific foods, or eating per se, induce the onset of symptoms. So, if diet is a part of the problem, it might as well be a part of the solution?

This thesis focuses on different aspects of symptom generation in patients with IBS, including dietary triggers and food intolerance. Hopefully, the work represents a piece in the puzzle on how we can better manage symptoms for patients with IBS in the future.



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