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Clinical Nutrition in the Management of Irritable Bowel Syndrome

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Message from the Guest Editor

Dear Colleagues,

Irritable Bowel Syndrome (IBS) represents the most common functional disorder of the gastrointestinal tract characterized by chronic or recurrent abdominal pain associated with altered bowel habits. The differential diagnosis of IBS is very broad and includes celiac disease, multiple food intolerances, food allergies, colorectal cancer, neuroendocrine tumor, inflammatory bowel disease, ischemic colitis, pancreatic insufficiency, small intestinal bacterial overgrowth, psychiatric disorders and others.

The management of IBS is multifaceted including general measures, pharmacological therapy, diet (FODMAP-low diet), microbiota-modulating therapy (pre- and probiotics, synbiotics, fecal microbiota therapy) and complementary alternative therapies.

This issue is focused on the new developments in the diagnosis and treatment of IBS and the role of nutritional management in the treatment of this disease.

Prof. Dr. Peter C. Konturek

Guest Editor



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Special Issue



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