



BLOATING



Bloating is a common and often uncomfortable condition characterized by a sensation of fullness or swelling in the abdomen. Understanding the causes and exploring treatment options can significantly help symptoms.

What causes bloating?

- 1. Visceral Hypersensitivity:** For many individuals, bloating is primarily due to visceral hypersensitivity. This is when the body senses and reacts to normal amounts of gas as though they are excessive. This heightened sensitivity can make you feel bloated even when the actual amount of gas isn't unusually high.
- 2. Too Much Gas in the Colon:** Although less commonly the main issue, excessive gas can also contribute to bloating. This may be due certain hard-to-digest foods or carbonated drinks.

What can you do about bloating?



Dietary Modification

Try avoiding common trigger foods, such as gluten, dairy, and carbonated beverages.



Low FODMAP Diet with a Nutritionist

A more intensive diet where you avoid carbohydrates that are hard to digest and are known to cause excess gas (FODMAPs), such as onions, garlic, beans, and wheat products. Our nutritionist can help guide you.



Treat Constipation, if Present

Some people with bloating have constipation. Increasing water, adding fiber gradually, exercising, and some medications can help with constipation and relieve bloating.



Treat Visceral Hypersensitivity

- **Medications:** Neuromodulators such as duloxetine, tricyclic antidepressants, and gabapentin have been effectively used to retrain the gut-brain connection that leads to the sensation of bloating.
- **Psychological Therapies:** Techniques like gut-directed hypnotherapy and cognitive behavioral therapy (CBT) are commonly used for chronic gut pain disorders. These also retrain the gut-brain connection that leads to the sensation of bloating.

If I Don't Have Too Much Gas, Why Do I Look Pregnant?

Abdominophrenic dyssynergia is a benign coordination issue between the diaphragm and the abdominal muscles that can cause your abdomen to distend, resembling a pregnant belly.