

IBS-C continues to interfere with man’s basic life activities



By Keith Roach, M.D.

DEAR DR. ROACH: I’m a young adult male who has been diagnosed with irritable bowel syndrome with constipation (IBS-C). Until this diagnosis, I had never even heard of the condition. A colonoscopy and an MRI were both negative. The three worst symptoms are chronic constipation, bloating and stomach cramps.

I was referred to a gastroenterologist who first prescribed Amitiza, which provided relief for a while,

then stopped working. Now I’m taking Motegrity for motility and Bentyl for the cramps, but neither of these medications fully relieves the symptoms.

From the research I’ve done on my own, the root cause of IBS is still unknown, although many people (more commonly women) suffer from this condition. I’ve also read that people who’ve had eating disorders or obsessive-compulsive disorder (OCD) are more susceptible to IBS, and I’ve suffered from both.

I have a therapist to help me cope emotionally, but the condition really does interfere with basic life activities. Are there any other medications or treatments I could try? I want to be sure that I’m receiving the most up-to-date care.

-- R.R.

ANSWER: IBS is a

common disorder characterized by abdominal discomfort that is associated with a change in bowel habits. This can be diarrhea (IBS-D), constipation (IBS-C), or mixed (IBS-M). Some people’s predominant bowel classification changes over time.

As you say, it is more common in women, and the exact cause is unknown. Abnormal gut motility, hypersensitivity of the nerves to the gut, immune system activation, and changes in the microbiome (bacteria content of the gut) have all been studied and may each have a role in some cases.

As far as your medication goes, it sounds like your gastroenterologist is treating you very reasonably. I have patents who find that Motegrity works better, while other do better with Amitiza for

constipation. Dicyclomine, an anticholinergic agent, helps some people with cramps. I don’t see it used as often any more, but I won’t argue against it if it’s helping you.

There is an area you haven’t mentioned, which is your diet. Given your history of eating disorders, I recommend a consultation with a nutritionist who has expertise in IBS (and ideally eating disorders as well). A diary of your food intake combined with a list of your symptoms and a bowel diary can provide excellent information.

I am glad you are getting help from a therapist. There are specific treatments therapists can use to help with the bowel and mental health symptoms that are associated with IBS, including stress-reduction techniques, cognitive-behavioral therapies,

and brain-gut behavioral therapies. These specialized treatments sometimes require specially trained therapists.

Regular moderate exercise is an often-neglected component of IBS treatment, as is sleep hygiene.

DEAR DR. ROACH: I just wanted to comment on your recent column about a 64-year-old woman with a cold that wouldn’t go away after two months. She had fatigue, chills and sweats, and a persistent cough. This person’s story is almost identical to my 66-year-old sister’s. It turns out that my sister has stage three lymphoma.

-- C.P.

ANSWER: I am very sorry to hear about your sister. Most times, symptoms like these go away by themselves. If symptoms persist, it is absolutely time to see your doctor and for your

doctor to consider further testing. On average, a person with lymphoma goes four to five months with symptoms before being diagnosed.

It’s estimated that a generalist will see lymphoma in about 1 in 24,000 cases, so it is hard to pick up. But persistent symptoms are a major clue that there may be something more serious going on.

I thank C.P. for writing and wish the best for her sister.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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REGENTS

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abdomen and was undergoing treatment for cancer.

Rolph was serving as chairman of the Board of Regents when the board voted in 2024 to change its diversity and multiculturalism policy under pressure from members of the Kansas Legislature.

The revised policy declared state universities in Kansas couldn’t require faculty to pledge “allegiance to, support for or opposition to diversity, equity or inclusion” or DEI.

“This is, again, our good-faith effort in trying to listen to the Legislature,” Rolph said at the time.

Rolph’s company, Thrive Restaurant Group, operates or owns more than 170 restaurants. It is the second-largest Applebee’s franchisee with restaurants in 15 states. He was a student body president at Baylor University.

CALIFORNIA

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Pause requested

The judge, who is the brother of former U.S. Supreme Court Justice Stephen Breyer, said he would rule quickly, possibly late Thursday, on California’s request for a restraining order to stop the deployment in Los Angeles.

Shuman requested that, if Breyer found in favor of the state, he should pause any restraining order while the federal government appeals.

Green said the state would “strongly oppose” such a pause because of the urgency of the situation in Los Angeles.

The city has seen days of protests starting on Friday over Immigration and Customs Enforcement raids on workplaces. Trump ordered

the National Guard to the area on Sunday, saying it was necessary to restore order.

Newsom and Los Angeles Mayor Karen Bass objected to the decision and have said it has caused more chaos and inflamed tensions.

Democrats’ amicus brief

The hearing on California’s request for an injunction came a day after 21 Democratic attorneys general and the Democratic governor of Kansas filed an amicus brief in the case backing up California.

Trump wresting control of a state National Guard sets a dangerous precedent that undermines National Guard missions, they said.

“National Guard troops fight fires, respond to hurricanes, protect their residents from flooding, and provide much-needed security,” they wrote. “By undermining states’ authority, unlawfully deploying the National

Guard troops, and leaving the door wide open to deploy the Guards of every state, the President has made us all less safe. This Court should enjoin the federal government from continuing down this unlawful and perilous path.”

In addition to Kansas Gov. Laura Kelley, the attorneys general of Washington, Delaware, Arizona, Colorado, Connecticut, Hawaii, Illinois, Maine, Maryland, Massachusetts, Michigan, Minnesota, Nevada, New Jersey, New Mexico, New York, North Carolina, Oregon, Vermont, Wisconsin and Rhode Island signed the brief.

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Case No. EL-2025-CV-000011

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VS.
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NOTICE OF SHERIFF'S SALE

NOTICE is hereby given that under and by virtue of an Order of Sale issued by the Clerk of the District Court of Ellis County, Kansas, and a certain action pending in said Case No. EL-2025-CV-000011, wherein the parties above named are respectively Plaintiff and Defendants and to me, the undersigned Sheriff of said County directed, I will offer for sale at public auction and sell to the highest bidder for cash in hand in the County Commission Chamber in the basement of the Ellis County Administrative Center located at 718 Main Street, in the City of Hays, in said county on the **16th day of July, 2025, at 10:00 a.m.** of said day, the following described real estate situated in the County of Ellis, State of Kansas:

Tract 4: Lot Fourteen (14), Block Two (2), COLLEGE HILL ADDITION to the City of Hays, Ellis County, Kansas That the names of the owners, supposed owners and parties having or claiming to have any interest therein or thereto are: **Curtis G. Tabor - \$2,084.61**

Tract 8: Northeast Quarter (NE/4) of Section Five (5), Township Thirteen (13) South, Range Sixteen (16) West of the 6th P.M., Ellis County, Kansas That the names of the owners, supposed owners and parties having or claiming to have any interest therein or thereto are: **Brungardt Ranch, LLC and Bison State Bank - \$4,310.71**

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Tract 9: A tract of land located on a part of the North Half (N/2) of the Southeast Quarter (SE/4) of Section Eight (8), Township Thirteen (13) South, Range Twenty (20) West of the 6th P.M., Ellis County, Kansas, more particularly described: Beginning at a point Forty feet (40') West and Sixty-eight feet (68') South of the Southwest corner of Block Two (2) of Keagy's First Addition to the City of Ellis, Kansas, thence West Three Hundred Forty-seven feet (347'); thence South Sixty feet (60'); thence East Three Hundred Forty-seven feet (347'); thence North Sixty feet (60') to the place of beginning. That the names of the owners, supposed owners and parties having or claiming to have any interest therein or thereto are: **Patricia E. Zahn a/k/a Patricia Zahn, State of Kansas Department of Revenue - \$4,310.71**

Tract 10: A tract of land located on a part of the North Half (N/2) of the Southeast Quarter (SE/4) of Section Eight (8), Township Thirteen (13) South, Range Twenty (20) West of the 6th P.M., Ellis County, Kansas, more particularly described: Beginning at a point Forty feet (40') West and Sixty-eight feet (68') South of the Southwest corner of Block Two (2) of Keagy's First Addition to the City of Ellis, Kansas, thence West Three Hundred Forty-seven feet (347'); thence South Sixty feet (60'); thence East Three Hundred Forty-seven feet (347'); thence North Sixty feet (60') to the place of beginning. That the names of the owners, supposed owners and parties having or claiming to have any interest therein or thereto are: **Patricia E. Zahn a/k/a Patricia Zahn, State of Kansas Department of Revenue - \$5,499.66**

Tract 11: A tract in N/2 of SE/4 of 8-13S-20W, Ellis County, Kansas, described as follows: Beginning at a point Forty (40) feet West of the Southwest Corner of Block Two (2) of the Keagy's First Addition to the City of Ellis, Kansas; thence West 347 feet; thence South 136 feet; thence South 39 degrees 15 minutes West 118.1 feet; thence East 72.8 feet; thence north 229 feet to the place of beginning. That the names of the owners, supposed owners and parties having or claiming to have any interest therein or thereto are: **Patricia E. Zahn, State**

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of Kansas Department of Revenue and Dale H. Henderson, deceased - \$879.39

Said sale to be without redemption.

SCOTT BRAUN, Sheriff of Ellis County, Kansas

William W. Jeter #8833
JETER LAW FIRM LLP
1200 Main Street, Suite 101
P.O. Box 128
Hays, Kansas 67601
(785) 628-8226
Attorney for Plaintiff

Published in Hays Daily News, June 7, 14, 21, 2025. 3555460

NOTICE OF NAME CHANGE

THE STATE OF KANSAS TO ALL WHO ARE OR MAY BE CONCERNED:

You are hereby notified that M'Kendree Maxine Dick, filed a Petition in the above court in the 19th day of May 2025, requesting a judgement and order changing his/her name from M'Kendree Maxine Dick to M'Kendree Maxine Sandoval.

The Petition will be heard in Ellis County District Court, 107 W 12th St, Hays, KS 67601, on the 7 day of July, 2025, at 4:00pm.

If you have any objection to the requested name change, you are required to file a responsive pleading on or before 7 July 2025 in this court or appear at the hearing and object to the requested name change. If you fail to act, judgment and order will be entered upon the Petition as requested by Petitioner.

M'Kendree Maxine Dick
Petitioner, Pro Se
M'Kendree Maxine Dick
2519 General Lawton Rd
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Published in Hays Daily News, June 14, 21, 28, 2025. 3572200

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