



Opinion

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Don't Let Artificial Sweeteners Destroy Your Own Digestive System



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Abstract

Splenic Flexure Syndrome can cause irregular bowel complications. This syndrome can be managed by diet. Those people who suffer from this condition must be avoiding food rich with carbohydrates, especially artificial sweeteners.

Introduction

Splenic flexure is a chronic gastric disorder which is considered as a subtype of IBS. It is used to describe swelling, muscle contractions of the colon, and upper abdominal anxiety as a result of trapped gas in the colon [1].

Sign and Symptoms

At first, mistake in diagnosis of splenic flexure may be occurring but the experience can begin to grow in intensity. Symptoms of this disease included Pain in upper-left side of abdomen, fever, abdominal cramps, bloating, and colon spasms, constipation or diarrhea. Medical history, physical examination, X-ray can help in perfect diagnosis of the disease [2].

Causes of Splenic Flexure

Long chain carbohydrates are not broken down or absorbed in the small intestine because of a deficiency of digestion enzymes. The undigested food passes into the large intestine, where harmless and normal bacteria break down the food. This process produces hydrogen, carbon dioxide, and, in about one-third of all people, methane gases, which are released through the rectum. Various bacteria as *E. coli* and *Salmonella* can support in the progress of Splenic Flexure Syndrome. Consumption of food fast can cause swallowing air which moves through the digestive tract. All of these conditions will be caused by splenic flexure [3].

Treatment

In attendance is no direct treatment of the syndrome. The target from treatment course for splenic flexure syndrome is to overcome the symptoms. Treatment strategies include avoiding foods

that are gas-forming as diet rich with fat, carbohydrate, sodium and replace it with diet rich with fiber. Artificial sweeteners are synthetic sugar substitutes, low-calorie or calorie-free chemical substances that are used instead of sugar to sweeten foods and drinks. They are found in thousands of products, from drinks, desserts and ready meals, to cakes, chewing gum and toothpaste [4]. Artificial sweeteners may be caused weight gain, cancer, bloating, Alzheimer, increase consumption of artificial sweetener may be caused Splenic flexure [5].

Conclusion

Consumption of artificial sweeteners one of the reasons of splenic flexure syndrome due to accumulation of gases, so a person has problems in gastrointestinal tract must avoid artificial sweeteners.

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