



# FLATULANCE

Lifestyle advice for better Living

## Feeling embarrassed, yet can't control...

Gas is created through bacterial action in the bowel and passed rectally. Keep in mind that 10-18 passages per day are normal. Primary gases are harmless and odourless. Noticeable smells are trace gases related to food intake.

Foods that are likely to form gas include milk, dairy products, and medications that contain lactose, in case your body is unable to produce the enzyme (lactase) to break it down. Certain vegetables such as baked beans, cauliflower, broccoli, cabbage could be a cause. Also at times wheat, oats, corn, potatoes create gas. Rice on the other hand is a good substitute.

If flatulence is a concern, see your doctor to determine if you are lactose intolerant. Identify offending foods. Reduce or eliminate these gas-forming foods from your diet. Activated charcoal may provide some benefit.

**DR. PURNENDU BHOWMIK**  
GI & LAPAROSCOPIC SURGEON

