



# About Irritable Bowel Syndrome (IBS)

Information from the American College of Gastroenterology

## 5% PREVALENCE OR 1 IN 20

IBS is common and affects about 5% of the population in the U.S. or about 1 in 20 people



## #1 PAIN

Abdominal pain is the major symptom of IBS



## QUALITY OF LIFE

IBS greatly reduces patients' quality of life



## \$1.5 BILLION TO \$10 BILLION PER YEAR

Direct medical costs of IBS are high, not including Rx or over-the-counter medications

## 10 TO 15 YEARS OF LIFE

A majority of IBS patients would give up 10 to 15 years of life expectancy for an instant cure for their condition

## EQUAL OPPORTUNITY

IBS is not just found in women, it's an "equal opportunity" disorder and impacts men too



IBS is considered a **DISORDER OF GUT-BRAIN INTERACTION**

## TYPES OF IBS

- ✓ IBS-C: IBS with constipation
- ✓ IBS-D: IBS with diarrhea
- ✓ IBS-Mixed: IBS with mix constipation and diarrhea



## BLOATING

The sense of bloating is a common symptom of IBS

## HOPE

IBS symptoms can be frustrating and discouraging, but there is hope and there are treatment options:

- ✓ diet
- ✓ over-the-counter medications
- ✓ prescription medications
- ✓ gut-directed therapies like cognitive behavioral therapy and hypnotherapy

When you

## TALK TO YOUR DOCTOR,

make sure you bring your list of symptoms and questions



### DO NOT SUFFER IN SILENCE!



Learn More:

[gi.org/irritable-bowel-syndrome](https://gi.org/irritable-bowel-syndrome)



Find a gastroenterologist near you:

[gi.org/find-a-gastroenterologist](https://gi.org/find-a-gastroenterologist)



Read ACG 2021 IBS Guidelines:

[bit.ly/ACG-Guideline-IBS](https://bit.ly/ACG-Guideline-IBS)



Read ACG 2018 Monograph on IBS Guidelines:

[bit.ly/ACG-2018-IBS-Monograph](https://bit.ly/ACG-2018-IBS-Monograph)