



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



Find a gastroenterologist near you:

gi.org/find-a-gastroenterologist



Read ACG 2021 IBS Guidelines:

bit.ly/ACG-Guideline-IBS



Read ACG 2018 Monograph on IBS Guidelines:

bit.ly/ACG-2018-IBS-Monograph