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.

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

HOPE
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: