

Facts about IBS:

- The cause of IBS is unknown, and likely there are many causes; as a result, there is no one treatment for everyone.
- IBS results from a blend of many factors that can change how your GI tract works. Some factors that could cause IBS are:
 - **Dysmotility** — poor regulation of the muscle contractions of the GI tract causing abnormal movement.
 - **Visceral hypersensitivity** — greater sensitivity of the nerves attached to the GI tract.
 - **Brain-gut dysfunction** — problems in the connection between the nerves of the brain and gut.
- IBS does not cause lasting harm to the bowels and does not lead to intestinal bleeding.
- There is no sign of disease when the colon is looked at and, much like a headache or muscle strain, IBS can cause a great deal of pain and distress, even though it cannot be seen.
- Through the years, IBS has been called by many names — colitis, mucous colitis, spastic colon, spastic bowel and functional bowel disease. Most of these terms are not accurate. Colitis, for instance, means inflammation, or swelling, of the large intestine (colon).
- IBS, however, does not cause inflammation and should not be confused with ulcerative colitis, which is a more serious health problem.

IBS – What to Know:

- ▶ Irritable bowel syndrome (IBS) causes GI pain, discomfort and changes in stool. IBS is different for each person and can come with diarrhea (IBS-D), constipation (IBS-C) or a mixture of both (IBS-M).
- ▶ There is no known cause of IBS, but it does not cause lasting harm to the bowels and does not lead to more serious health issues, like inflammatory bowel disease (IBD) or cancer.
- ▶ While there is no cure for IBS, most people with IBS are able to control their symptoms through diet, stress management and medication.
- ▶ Speaking to your doctor about your symptoms, **early, completely** and **often** is vital to make sure your doctor has all the details to give you the best treatment plan.



IRRITABLE BOWEL SYNDROME (IBS)

Things to Be Aware Of



- Irritable bowel syndrome (IBS) does **not** lead to more serious health issues, such as cancer or inflammatory bowel disease (IBD, ulcerative colitis or Crohn's disease).
- Some patients with IBS start feeling a lower quality of life due to symptoms such as pain, diarrhea (loose stool) or constipation (hard stool or trouble passing stool).
 - This low quality of life could make you feel like not doing your normal routine.
 - In these cases, your doctor may suggest **working with a mental health professional**.
- Be sure to speak up **early, completely** and **often**. If you are having any symptoms, whether they are new or symptoms that won't go away, tell your doctor.

Try using the MyGIHealth® app to keep track of your symptoms.

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