TWO COMMON TYPES OF IRRITABLE BOWEL SYNDROME (IBS) INCLUDE:

- **IBS-C**: IBS with constipation (difficult or infrequent bowel movements)
- **IBS-D**: IBS with diarrhea (frequent loose stools, often with an urgent need to go)

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**SPEAK UP EARLY, COMPLETELY AND OFTEN**

1. Instead of suffering in silence or taking advice from people who aren’t health-care professionals, talk to a doctor about recurring abdominal pain and bowel symptoms.
2. Instead of just saying “I have constipation” or “I have diarrhea,” tell a doctor about the full extent of symptoms, how they impact life, and what approaches have already been tried to manage them.
3. Tell a doctor if symptoms return despite treatment efforts so that he or she can assess alternate treatments.

*With this feedback, doctors are more likely to be able to help their patients successfully navigate their own IBS treatment path.*

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**REPLACE SPECULATION WITH SCIENCE**

IBS sufferers often take advice from family and friends ... but wait to see a doctor.

**RECOGNIZE THE DAILY BURDEN**

Abdominal pain, constipation, diarrhea, bloating or cramping can be difficult to predict and impact people physically, emotionally and socially.

**SYMPTOMS ARE SO BOTHERSOME THAT SUFFERERS WOULD GIVE UP CERTAIN THINGS FOR A MONTH FOR A CHANCE AT RELIEF**

- 40% would give up sex
- 47% would give up internet
- 55% would give up caffeine

**EACH MONTH, ON AVERAGE IBS LEADS TO**

- 2 missed days of school/work
- 9 days of impacted productivity

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**FROM SELF-HELP TO COMMUNICATION**

Talking to a doctor, not your BFF, is half the battle. Have an honest, open conversation with your doctor, early and often.

**THIS STUFF IS HARD TO TALK ABOUT**

Respondents report bowel movements as a more uncomfortable subject to discuss with others than STDs.

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**35M AMERICANS IMPACTED**

**7th MOST COMMON DIAGNOSIS BY PRIMARY CARE PHYSICIANS**

**replace speculation with science**

**recognize the daily burden**

**from self-help to communication**

**speak up early, completely and often**

**for full survey results visit IBSinAmerica.gastro.org**

Join the discussion #IBSinAmerica