



CONDUCTED BY AGA

# IBS IN AMERICA

THE MOST COMPREHENSIVE IBS SURVEY OF BOTH PATIENTS AND PHYSICIANS EVER CONDUCTED, POLLING MORE THAN 3,200 SUFFERERS AND 300 PHYSICIANS TO BETTER UNDERSTAND THIS CONDITION.



## 35 M AMERICANS IMPACTED

## 7th MOST COMMON DIAGNOSIS BY PRIMARY CARE PHYSICIANS

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

### IBS-C

IBS with constipation (difficult or infrequent bowel movements)

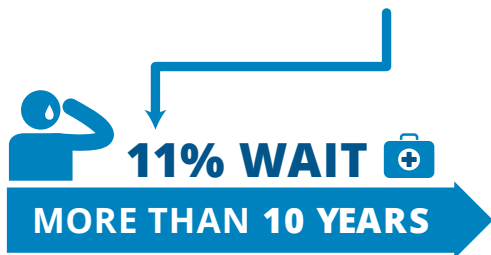
### IBS-D

IBS with diarrhea (frequent loose stools, often with an urgent need to go)

## REPLACE SPECULATION WITH SCIENCE

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

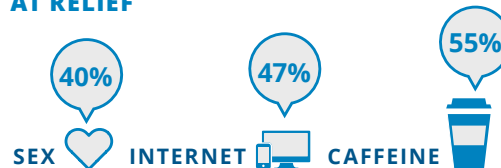
**67%** EXPERIENCE SYMPTOMS FOR 1+ YEAR BEFORE SEEING A DOCTOR



## 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**



**EACH MONTH, ON AVERAGE IBS LEADS TO 2 MISSED DAYS OF SCHOOL/WORK 9 DAYS OF IMPACTED PRODUCTIVITY**

## 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



## 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.*



For full survey results visit [IBSinAmerica.gastro.org](http://IBSinAmerica.gastro.org)

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