

YOU ARE NOT ALONE  
IBS RELIEF



ACG IRRITABLE BOWEL  
SYNDROME RESOURCE CENTER

## ACG Irritable Bowel Syndrome "IBS" Resource Center

Thank you for visiting the American College of Gastroenterology's IBS Resource Center. The American College of Gastroenterology and its 8,000 physicians are pleased to provide the public with important information about Irritable Bowel Syndrome. You will learn more about IBS through the materials below, but here are a few things you should know now.

Experts estimate that approximately 58 million Americans suffer from the symptoms of Irritable Bowel Syndrome or IBS of whom approximately 80 percent are women. IBS is a functional disorder of the intestine. Although there is no sign of the disease that can be seen or measured under a microscope or using an endoscope, IBS is a real medical condition. A range of symptoms characterizes IBS. These symptoms include abdominal discomfort, bloating, constipation and diarrhea. IBS is different from routine, infrequent constipation or diarrhea.

- IBS is best defined by what it is NOT:
- It is NOT an anatomical or structural problem
- It is NOT an identifiable physical or chemical disorder
- It is NOT a cancer and will NOT cause cancer
- It will NOT cause other gastrointestinal diseases

Today the prospects for successful outcomes for patients with Irritable Bowel Syndrome have improved. For many sufferers, the abdominal discomfort, bloating and constipation of IBS can be managed effectively. For those patients who will now seek care, physicians have new treatment options that can relieve the abdominal pain, bloating and constipation of IBS and improve patients' quality of life

For more information about the intestinal tract and its problems go to <http://www.acg.gi.org/patientinfo/ibsrelief/>