UNDERSTANDING THE EMOTIONAL AND PHYSICAL SYMPTOMS OF IBS

IBS with Constipation (IBS-C)
(difficult or infrequent bowel movements)\(^1\)

IBS with Diarrhea (IBS-D)
(frequent loose stools, often with an urgent need to go)\(^1\)

**THE EMOTIONAL IMPACT**

**IBS-C – THE EMOTIONAL IMPACT**

- **76%** Don’t Feel Normal/Don’t Feel Like Themselves\(^6\)
- Nearly \(\frac{1}{3}\) Feel Hopeless, Down or Depressed Because of their Condition\(^5\)

**IBS-D – THE EMOTIONAL IMPACT**

- **68%** Are Embarrassed Others Notice Bathroom Frequency\(^6\)
- **54%** Feel Self-conscious About Looks\(^6\)

**THE DAILY IMPACT**

**IBS-C – THE DAILY IMPACT**

- **55%** Take 2+ OTCs Each Month\(^7\)
- **64%** Have Avoided Having Sex Because of Symptoms\(^6\)

**IBS-D – THE DAILY IMPACT**

- **81%** Avoid Situations Far From Bathrooms\(^6\)
- **65%** Find It Difficult to Plan Around Symptoms\(^6\)

For more information on IBS, please visit: [www.ibsinamerica.gastro.org](http://www.ibsinamerica.gastro.org)

The IBS in America Survey was commissioned by the American Gastroenterological Association (AGA) and conducted with the financial support of Novo Nordisk Pharmaceuticals, Inc. and Allergan plc. Online surveys were conducted by ORC, a leading market research company, Sept. 14 through Oct. 20, 2015. In total 3,254 IBS sufferers, both diagnosed and undiagnosed, were interviewed, as well as 302 physicians who treat IBS patients – 151 primary care physicians and 151 gastroenterologists.

1. Information on file: IBS in America Survey Infographic.
3. IBS in America – Consumer Survey – 20A.
4. IBS in America – Consumer Survey – 27.
5. IBS in America – Consumer Survey – 10.
7. IBS in America – Consumer Survey – 20B.