



**AMERICANS IMPACTED**



**7<sup>th</sup> MOST COMMON DIAGNOSIS BY PRIMARY CARE PHYSICIANS**

## IBS with Constipation (IBS-C)

(difficult or infrequent bowel movements)<sup>1</sup>

**13**  
million people<sup>2</sup>

The emotional experience of IBS-C is characterized by attempts to self-treat with numerous over-the-counter (OTC) products<sup>3</sup>, leading to dissatisfaction, frustration and depression.<sup>4,5</sup>

**BOTH IBS-C AND IBS-D ARE CHARACTERIZED BY:**

RECURRING ABDOMINAL PAIN<sup>8</sup>

FRUSTRATION<sup>5</sup>

LOSS OF PRODUCTIVITY AT WORK OR SCHOOL<sup>9</sup>

## IBS with Diarrhea (IBS-D)

(frequent loose stools, often with an urgent need to go)<sup>1</sup>

**10-15**  
million people<sup>10,11</sup>

The emotional experience of IBS-D is characterized by an inability to predict symptoms that causes embarrassment and ties patients to the bathroom.<sup>6</sup>

## THE EMOTIONAL IMPACT

### IBS-C – THE EMOTIONAL IMPACT



**76% Don't Feel Normal/ Don't Feel Like Themselves<sup>6</sup>**



**Nearly 1/3 Feel Hopeless, Down or Depressed Because of their Condition<sup>5</sup>**

### IBS-D – THE EMOTIONAL IMPACT



**68% Are Embarrassed Others Notice Bathroom Frequency<sup>6</sup>**



**54% Feel Self-conscious About Looks<sup>6</sup>**

## THE DAILY IMPACT

### IBS-C – THE DAILY IMPACT



**55% Take 2+ OTCs Each Month<sup>7</sup>**



**64% Have Avoided Having Sex Because of Symptoms<sup>6</sup>**

### IBS-D – THE DAILY IMPACT



**81% Avoid Situations Far From Bathrooms<sup>6</sup>**



**65% Find It Difficult to Plan Around Symptoms<sup>6</sup>**

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 Ironwood Pharmaceuticals, Inc. and Allergan plc. Online surveys were conducted by GfK, a leading market research company, Sept. 14 through Oct. 29, 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 | 2. Information on file; IBS-C Fact Sheet 7/9/13 | 3. IBS in America – Consumer Survey – 20A | 4. IBS in America – Consumer Survey – 27 | 5. IBS in America – Consumer Survey – 10 | 6. IBS in America – Consumer Survey – 8 | 7. IBS in America – Consumer Survey – 20B | 8. IBS in America – Consumer Survey – 4 | 9. IBS in America – Consumer Survey – 6 | 10. Grundmann O, Yoon SL. Irritable bowel syndrome epidemiology, diagnosis, and treatment: an update for health-care practitioners. Journal of Gastroenterology and Hepatology. 2010; 25:691-699. | 11. Eluxadoline Xifaxin Summary Final. November 2014.