WHAT IS THE IRRITABLE BOWEL SYNDROME (IBS)?

and how is it related to my microbiota?

IBS is diagnose according to Rome IV criteria.

1. A very common, chronic & unpredictable gastrointestinal disorder...
   - IBS is one of the main cause of consultation
   - 5% of the average worldwide population is affected by IBS
   - 2 out of 3 patients are women

2. Different causes can lead to the onset of IBS...
   - Fact #1: Microbiota is involved in the bidirectional communication between the gut and the brain
   - Fact #2: IBS symptoms occur in around 1 in 10 subjects after an acute infective gastroenteritis
   - Fact #3: Gut microbiota composition is altered in at least a subset of patients with IBS
   - Fact #4: Laboratory studies have proven that an altered gut microbiota can lead to several dysfunction:
     - faster gastrointestinal transit
     - intestinal barrier dysfunction
     - innate immune activation
     - anxiety-like behavior
   - Fact #5: Symptoms could be improved through microbiota management (diet, probiotics, antibiotics...)

3. What are the mechanics of this dysfunction, linked to the microbiota?
   - Viseral sensitivity
   - Intestinal permeability
   - Abnormal immune response
   - Gut physiological alteration (including abdominal pain and transit disorders)
   - Psychological effects (including stress, anxiety or depression... via neural, hormonal and immunological signalling)

4. How to improve quality of life and relieve symptoms?
   - Specific medication
   - Prebiotics
   - Probiotics
   - Healthy lifestyle
     - Good hydration, regular physical activity
   - Healthy diet
     - Limiting the intakes of potential dietary triggers (FODMAP, lactose, gluten...)
   - Psychotherapeutic interventions
     - Cognitive Behavior Therapy (CBT), hypnosis, psychodynamic, relaxation...
     - For long term psychological support

To date, no medication relieves all recurrent symptoms. Your doctor will advise you the right combination of specific medication and alternative solutions.

References on the website
©2022, Biocodex Microbiota Institute – BMI 22.10