

WHAT IS THE IRRITABLE BOWEL SYNDROME (IBS)?



and how is it related to my microbiota?

Refer to chronic digestive symptoms which cannot be explained by any organic, morphological or biological malformation.

At least 1 day per week in the last 3 months.

Frequency and/or shape of stools.

Like stress and/or anxiety.

A change in the composition and functions of the microorganisms that live in the gut.

Irritable bowel syndrome (IBS) is a **functional bowel disorder** characterized by recurrent **abdominal pain** and **transit disorders**. It is often accompanied by **psychiatric comorbidities** and could be related to an **unbalanced gut 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...



gastroenteritis, food poisoning, traveler's diarrhea...

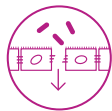


3 What are the mechanics of this dysfunction, linked to the microbiota?

Fact #1 Microbiota is involved in the bidirectional communication between the gut and the brain



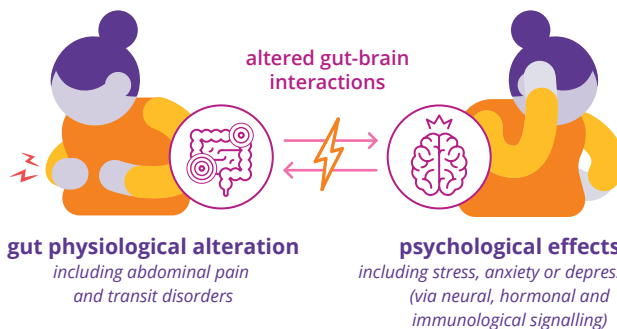
visceral sensitivity



intestinal permeability



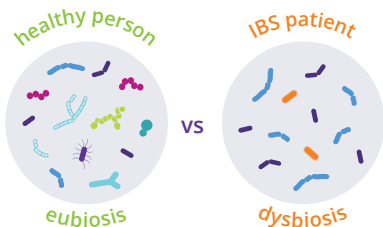
abnormal immune response



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

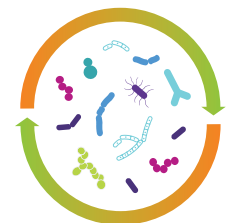


Fact #4 Laboratory studies have proven that an altered gut microbiota can lead to several dysfunction:

- faster gastrointestinal transit
- intestinal barrier dysfunction
- innate immune activation
- anxiety-like behavior



Fact #5 Symptoms could be improved through microbiota management (diet, probiotics, antibiotics...)



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

