

***Irritable Bowel Syndrome (IBS) Awareness Month 2024***

**More than 10 000 IBS Diagnosis tools spread worldwide to better diagnose IBS and help physicians to communicate with their patients**

**10 000 IBS diagnosis tools spread worldwide in congresses and symposia, 15 000 tools reprinted, 300 downloaded on the Institute's website... One year after its launch by three international gastroenterologists, the IBS diagnosis tool keeps its momentum. To mark IBS Awareness Month, the Biocodex Microbiota Institute is going a step further providing healthcare professionals and the lay public a dedicated journey to better understand IBS and its link with the microbiota.**

Since 1997, April is irritable bowel syndrome (IBS) Awareness Month. IBS is a complex disorder, its genesis is likely multifactorial and not fully understood. But there are several lines of evidence that implicate microbiota in IBS. This why, during this month, the Biocodex Microbiota Institute joins patients, healthcare professionals and family members to increase awareness about IBS and its link with gut microbiota. Patients' testimonials, experts' interviews, infographic, certification training courses, articles... Here are some tools to raise the visibility of IBS and microbiota.

**IBS diagnosis tool: a helpful physician resource**

Launched in 2023 by three internationally renowned gastroenterologists (Professor Jean-Marc Sabaté, Professor Jan Tack, and Dr. Pedro Costa Moreira), with the support of the Biocodex Microbiota Institute, the IBS Diagnosis tool provides physicians an easy-to-use checklist to differential diagnosis (diagnostic criteria, IBS subtypes, checklist of warning signs, etc.) and to improving communication with patients. *"This tool puts the physician in a very practical way in the diagnostic process when confronted with his patient"*, said Pr. Jan Tack, one of the co-creators. Thousands of gastroenterologists but also family physicians, pharmacists, dietitians have already adopted this innovative tool. Available in three formats, this tool has received the endorsement of the World Gastroenterology Organisation. It can be downloaded on the Biocodex Microbiota Institute website. <https://www.biocodexmicrobiotainstitute.com/en/pro/your-ibs-diagnosis-check-list>

**IBS infographic, thematic folder, and training courses: tailored educational opportunities!**

Many patients with IBS suffer for years before discussing their symptoms with their physician. However, due to their prominent position in daily patient care, physicians play a crucial role to play in promptly diagnosing and effectively treating patients with IBS. They are also well positioned to establish open and trusting relationships with their patients. This is the reason why, the Biocodex Microbiota Institute provides healthcare professionals with customized tools and content to improve their day-to-day practice and quickly become experts on IBS. IBS certification training course,

infographics to share with patients, expert videos, thematic paper, but also the latest scientific news... A range of innovative, updated and easy-to-use contents to become an IBS expert.

### **Better understand the complex link between microbiota & IBS**

What are the IBS symptoms? Why do I develop IBS? Is it linked to the microbiota? Is there a microbiota-gut-brain axis? To increase awareness about IBS and answer all the questions the lay public may ask, the Biocodex Microbiota Institute is handing the floor to an expert in the field, Pr. Premysl Bercik, clinician and researcher at McMaster University, Canada. *“During the last decade, increasing attention has been given to gut microbiota as a key in IBS”*, said Pr. Premysl Bercik. <https://www.biocodexmicrobiotainstitute.com/en/irritable-bowel-syndrome-and-microbiota-there-link>

### **Living with IBS: patients’ testimonies**

Mihai, Jennifer, and Aline are IBS patients. In a series of video testimonials, they speak openly about how the disease has changed their lives and give advice on how to live with IBS. The first episodes of “patients stories” were produced with the support of the French Association of Irritable Bowel Syndrome Patients ([APSSII](#)). They are available in the lay public section of the Biocodex Microbiota Institute website: <https://www.biocodexmicrobiotainstitute.com/fr/patients-stories-vivre-avec-le-syndrome-de-lintestin-irritable-sii>

With this holistic awareness campaign, the Biocodex Microbiota Institute intends to actively encourage all stakeholders (patients and health professionals, as well as family members, caregivers, health authorities, and the general public, etc.) to get a better understanding of the disease itself, and the latest research advances pointing to the role played by the gut microbiota. *“I’ve been in this field for a long time, and I’ve seen the view on IBS really evolved, said Pr. Jan Tack. There was a prejudice thirty years ago that it was maybe all psychosomatic. We are now fully aware this is an impactful disorder that we need to treat it properly.”* If there is still some way to go in terms of managing IBS and considering symptoms, there is no doubt that the development of new diagnostic tools will soon change the game.

### **About the Biocodex Microbiota Institute**

The Biocodex Microbiota Institute is an international hub of knowledge that aims to foster better health by spreading knowledge about human microbiota. To do so, the Institute addresses both healthcare professionals and the lay public to raise awareness about the central role of this important organ.

#### **Contact:**

Olivier VALCKE, Public Relations and Editorial Manager  
Phone: +33 6 43 61 32 58  
[o.valcke@biocodex.com](mailto:o.valcke@biocodex.com)