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Press release

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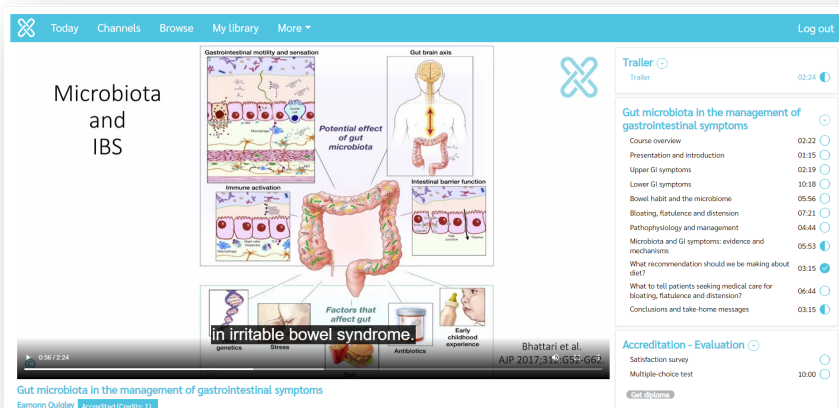
Microbiota and irritable bowel syndrome (IBS): the Biocodex Microbiota Institute launches an awareness campaign aimed at healthcare professionals and the general public

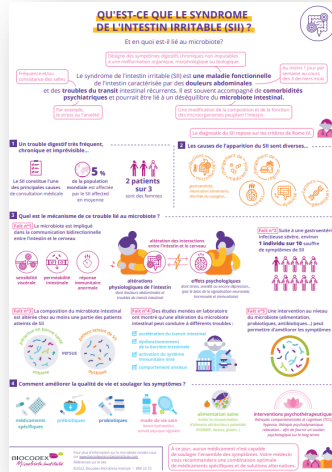
Patient testimonials, tools to help with diagnosis, certification training courses, infographics, articles... To mark IBS Awareness Month, the Biocodex Microbiota Institute is providing healthcare professionals and the general public with a range of innovative tools and content to better understand IBS and its link with the microbiota.

Inform and educate to better diagnose. In keeping with its mission to raise awareness about the microbiota's importance for health, the Biocodex Microbiota Institute will be actively involved in IBS Awareness Month this April, with exclusive content aimed at healthcare professionals and the general public.

Educating and training healthcare professionals

IBS certification training course, infographics to share with patients, expert videos, thematic paper, the latest scientific news... Biocodex Microbiota Institute provides healthcare professionals with customized tools and content to improve their day-to-day practice and quickly become experts on IBS.





A checklist to improve IBS diagnosis

IBS affects around 10% of the world's population, but 75% of those affected by the disease remain undiagnosed. Most IBS patients share a bumpy care path: failure to diagnose, a lack of reliable information, unsuccessful treatments, inappropriate or even harmful dietary changes. This is why three internationally renowned gastroenterologists (Professor Jean-Marc Sabaté, Professor Jan Tack, and Dr. Pedro Costa Moreira), with the support of the Biocodex Microbiota Institute, have developed [a quick guide to improve IBS diagnosis](https://www.biocodexmicrobiotainstitute.com/fr/pro/votre-aide-memoire-pour-diagnostiquer-le-sii). This practical and innovative tool provides an easy-to-use checklist to differential diagnosis (diagnostic criteria, IBS subtypes, checklist of warning signs, etc.) and to improving communication with patients. Available in three formats, this guide can be downloaded from the **health professional** section of the Biocodex Microbiota Institute website.

<https://www.biocodexmicrobiotainstitute.com/fr/pro/votre-aide-memoire-pour-diagnostiquer-le-sii>

- Fan deck brochure
- Digital
- To download

Your IBS Diagnosis Tick Book

How many patients suffering from gut disorder do you see per week? How many are diagnosed with Irritable Bowel Syndrome (IBS)? Do you know that some patients have struggle more than 4 years before receiving a formal medical diagnosis of IBS?

Up to 75% of individuals with Irritable Bowel Syndrome (IBS) may be undiagnosed. Properly diagnosing IBS can be challenging and uncertain, it's a complex disease which is difficult to explain to your patient during an average consultation.

HOW TO DEFINE IBS?

A disorder of gut-brain interaction (DGBI) and/or a Central Sensitized Disorder (CSD)

IBS-C

Constipation predominant

IBS-D

Diarrhea predominant

IBS-M

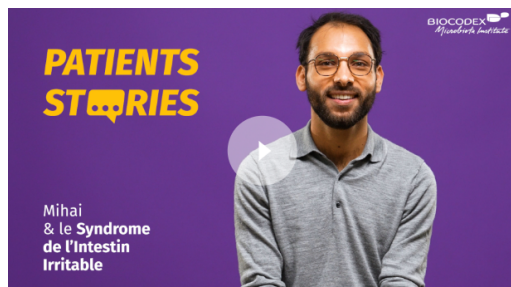
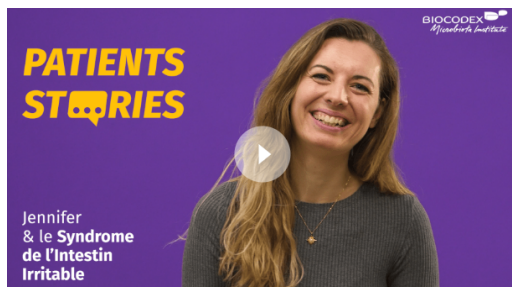
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IBS is a chronic condition that affects the large intestine. It is characterized by abdominal pain, bloating, and changes in bowel habits. The symptoms are recurrent and occur over a period of at least 6 weeks in the last 12 months.

Living with IBS: patients' stories

Meet Mihai, Jennifer, and Aline. They all suffer from irritable bowel syndrome and speak openly about how the disease has changed their lives. To mark IBS Awareness Month, the Biocodex Microbiota Institute is launching "Patient Stories", a series of video testimonials from patients suffering from chronic diseases. The first episodes of the series are dedicated to IBS and 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>



A public health issue

Not well known among the general public, diagnosed late by healthcare professionals, and sometimes misunderstood by patients themselves, irritable bowel syndrome is a complex chronic disease and a public health problem. 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. As Jennifer, an IBS patient, says, *"we have to say positive, and above all keep searching."*

About the Biocodex Microbiota Institute

The Biocodex Microbiota Institute is an international scientific institute which aims to improve public health by educating stakeholders about the human microbiota. The institute addresses both health professionals and the general public as part of its mission to raise awareness about the essential role played by this still little-known organ.

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