

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 3 days per month during the last 3 months.

Irritable bowel syndrome (IBS) is a **disorder of gut-brain interaction** characterized by recurrent, but not continuous, **abdominal pain or discomfort** and **transit disorders**. It is often accompanied by **psychiatric comorbidities** and is related to a **gut microbiota dysbiosis**.

Frequency and/or shape of stools.

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

Like stress and/or anxiety.

IBS is diagnosed according to Rome V criteria.



1 A very common, chronic & unpredictable disorder of gut-brain interaction...



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...

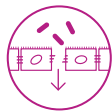


3 What are the mechanics of this dysfunction, linked to the microbiota?

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



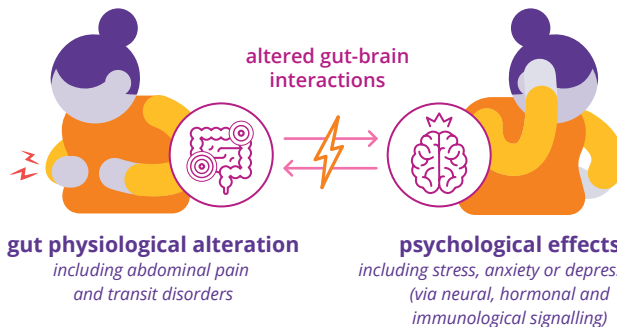
visceral sensitivity



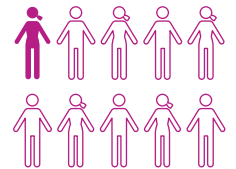
intestinal permeability



abnormal immune response

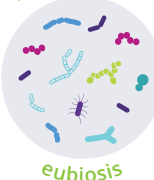


Fact #2 IBS symptoms occur in around **1 in 10 subjects** after an acute infective gastroenteritis



Fact #3 Gut microbiota composition and metabolic function are altered in at least a subset of patients with IBS

healthy person



vs

IBS patient

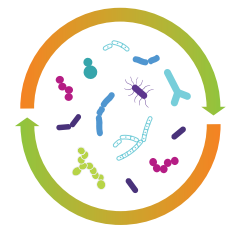


Fact #4 Laboratory studies have proven that an altered gut microbiota can lead to several dysfunction:

- ✓ 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

