

IRRITABLE BOWEL SYNDROME

VS.

INFLAMMATORY BOWEL DISEASE

Irritable Bowel Syndrome (IBS) vs. Inflammatory Bowel Disease (IBD): IBS is a disorder of the colon characterized by symptoms of abdominal pain or discomfort associated with irregular defecation. IBD refers to a condition where a patient has either Crohn's disease or ulcerative colitis. IBD might also be referred to as colitis, enteritis, ileitis or proctitis.

IBS Symptoms:

- Abdominal pains or cramps (usually in the lower half of the abdomen)
- Excessive gas
- Harder or looser bowel movements than average
Diarrhea, constipation, or alternating between the two
- Symptoms of IBS DO NOT include bleeding or black stools
- IBS "triggers" can include certain foods, medicines and emotional stress
- IBS is not a life-threatening condition and does not make a person more likely to develop other colon conditions, such as ulcerative colitis, Crohn's disease or colon cancer

IBD Symptoms:

Crohn's disease

- Symptoms depend on disease location and severity. In general, symptoms may include:
 - chronic diarrhea
 - abdominal pain and tenderness (often on the right side of the lower abdomen)
 - feeling of a mass or fullness in the lower, right abdomen
 - weight loss
 - fever

Ulcerative Colitis

- Bloody diarrhea is the main symptom
- Other symptoms can include:
 - abdominal pain
 - fever
 - weight loss



IBS and IBD Statistics:

- One in five Americans (20% of people) have symptoms of **IBS**, making it one of the most common disorders diagnosed by doctors.



- **IBS** begins before the age of 35 in about 50% of people.
- The peak age of onset for **IBD** is 15 to 30 years old, although it may occur at any age.

When to See a Gastroenterologist:

Diagnosis: A patient usually goes through a combination of tests, including endoscopic exams, to diagnosis **IBS** or **IBD**.

Colon Cancer Prevention: Patients diagnosed with **IBD** affecting the colon have an increased risk of developing colon cancer and should discuss screenings with a gastroenterologist.

A positive family history of colon cancer in a first-degree relative of an **IBD** patient doubles the risk. The risk increases 9-fold if the first-degree relative was younger than 50 at the time of the diagnosis.

*Information provided by the American Gastroenterological Association and Mayo Clinic



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