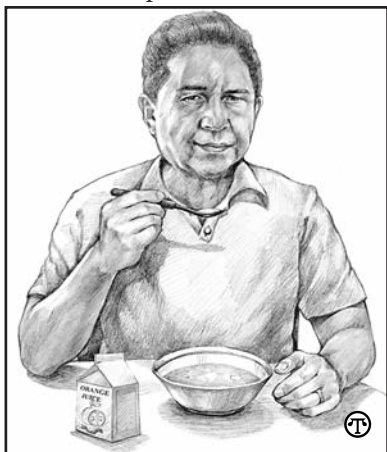


# Irritable Bowel Syndrome

(NAPSA)—If you have frequent abdominal pain or discomfort, cramping, bloating, gas, diarrhea or constipation, you might have irritable bowel syndrome (IBS).

## What You Should Know

IBS is a common condition among people of all ages but cannot be identified with tests or X-rays. Although IBS can be distressing, it does not damage the intestines or lead to other problems.



**You don't have to let a digestive disorder disturb your appetite.**

## What To Do

See a doctor if you have IBS symptoms. Your doctor will ask questions about your symptoms and bowel habits and may run tests to rule out less common conditions, such as cancer, inflammatory bowel disease and diverticular disease. If you have IBS, your doctor will discuss therapies to control symptoms.

## For More Information

Visit the National Digestive Diseases Information Clearinghouse website at [www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov) for more information and free publications about IBS.