

# Health Bulletin

## It's Worth The Risk To Get Relief

(NAPSA)—The risks that patients with IBS (irritable bowel syndrome) are willing to face to get relief from their symptoms demonstrate just how eager they are for new and effective treatments.

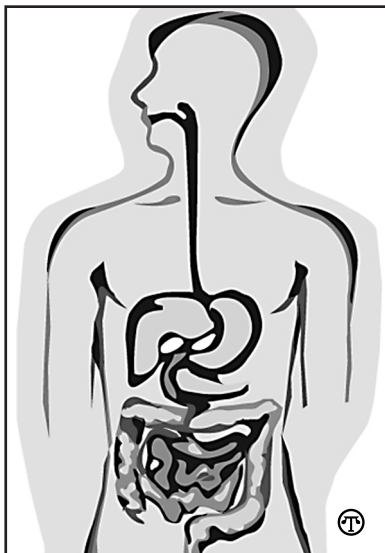
In fact, about 8 percent of patients with IBS say they are willing to accept a one in 100 chance of death if offered a medication that would give them total relief of symptoms, according to a study by the International Foundation for Functional Gastrointestinal Disorders (IFFGD) in collaboration with the University of North Carolina (UNC) Center for Functional GI and Motility Disorders.

The respondents report an average of 73 days in a calendar year when they need to restrict their usual activities due to health problems. Most were employed, although 13 percent were jobless because of their health situation.

“These results show how desperately people are seeking freedom from their IBS symptoms,” said Dr. Douglas A. Drossman, co-director of the UNC Center for Functional GI and Motility Disorders and a member of the IFFGD’s medical advisory board. Nearly 2,000 people who previously had been diagnosed with IBS participated in the online study, which was conducted beginning in the second half of 2007.

When asked what makes their IBS severe, the factors cited most often were pain, bowel difficulties, bloating, and limits on diet and eating.

Eight in 10 of the respondents reported continuous or frequent abdominal pain. Almost one in five participants was being prescribed narcotic medication for pain, demonstrating that IBS pro-



**A recent study found that only a small percentage of patients with IBS are satisfied with available treatments.**

duces a far greater burden on those afflicted than has generally been recognized.

“This study also shows the need for more effective treatments,” said Nancy J. Norton, president and founder of IFFGD. Only 8 percent of the total respondents were very or extremely satisfied with available IBS treatments; one-third were not at all satisfied.

IBS is a chronic illness characterized by abdominal pain associated with a change in bowel pattern, such as loose or more frequent bowel movements or diarrhea, and/or hard or less frequent bowel movements or constipation. It affects approximately 10-20 percent of the general global population.

A complete overview of study findings is available at [www.aboutIBS.org/needs-survey](http://www.aboutIBS.org/needs-survey).