



## Irritable Bowel Syndrome (IBS): Practical Ways To Manage The Condition

(NAPSA)—“There was the time that I was on my first vacation,” recalls Melissa D., “which was a cruise, and I became sick with abdominal pain and cramping. My IBS was incredibly overwhelming for me,” explains the young adult from Illinois. She is not alone. More than a decade ago, Melissa joined the one in six Americans who are diagnosed with Irritable Bowel Syndrome (IBS). With proper medical guidance and the addition of a new, non-prescription product called IBgard® to her management plan, Melissa lives an energetic lifestyle surrounded by family and friends, while also attending school and working—and taking some memorable vacations, too.

### Signs of IBS

IBS is a frustrating, underdiagnosed and undertreated condition generally characterized by these symptoms<sup>1</sup>:

- abdominal pain or discomfort
- abdominal bloating or distention
- recurring diarrhea or constipation (or a combination of both)
- urgency of bowel movement
- passage of gas or whitish mucus in the stool
- feeling as though bowel movement is incomplete
- pain during bowel movement.

### Tips for Avoiding IBS Flare-Ups

Because of the abundance of social events, the summer months can be particularly stressful for those challenged with managing their often unpredictable IBS symptoms. Often, the solution lies in doing things most people need to do anyway. Making health and well-being a priority can lead to less stress and greater satisfaction with life in general. For the most personalized advice on managing IBS symptoms, a good starting point is to talk to a doctor. Then, consider these helpful ideas to make life experiences more pleasant, and maybe even restorative.

**Choose More Quality.** No matter if it is the neighborhood barbecue or heading for a long-awaited vacation, maintain focus on the overall quality of diet. Choose foods that contain the amount of fiber needed, and try to avoid foods known to trigger symptoms, such as chocolate, sugar-free sweeteners, cauliflower, broccoli, cabbage and beans. Since travel can present unpredictable dietary options, bring along snacks that are known to be agreeable, in case food choices are limited.

**Schedule Less.** Packing an itinerary full of things to do and



### **A clinically studied non-prescription medical food is now available for the dietary management of IBS.**

see can create stress for anyone. Build in time for rest and relaxation. Plan to spend more time than one might think is needed at a destination. This may allow for time to see things that may have been missed otherwise and makes space for extra rest stops, if they happen to be needed. Speaking of rest stops, don't forget the benefits of getting a sufficient amount of sleep every night.

**Create Calm.** Make relaxation and gentle exercise a priority, if that is soothing. Maybe this trip is the opportunity to begin a meditation practice or reflect on ways to manage stressful situations a person experiences at home. This might be the moment to set aside time for that book that's been waiting to be read. When traveling with companions, inform them that time for these things will help everyone be at their best throughout the adventure.

### **Speak Up Early, Completely and Often**

People with IBS have a significant daily burden affecting them physically, emotionally and socially. A recent “IBS in America” survey<sup>2</sup> by the American Gastroenterological Association (AGA) shows that because symptoms can be so unpredictable, IBS sufferers experience a significant burden that profoundly affects their daily quality of life. This survey points to the need to take a more proactive approach in managing IBS. The findings, gathered from patients and physicians, demonstrated that the symptoms of IBS are often so bothersome and unpredictable that they interfere with daily life. Among the key points gathered are:

- 85 percent discussed IBS primarily with family or friends in addition to a doctor;
- 70 percent said they had symptoms at least two to three days per week;
- 52 percent reported “extremely/very bothersome” symptoms, and among them, 55 percent said they

would give up caffeine, 47 percent said they would give up their cell phone or the Internet, and 40 percent said they would give up sex for one month for the chance to feel one month of relief.

The AGA survey also notes the need for sufferers to move from self-help to communication: Talking to your doctor, not your BFF, is half the battle. Have an honest, open conversation with your doctor, early and often. Two-thirds of those who have spoken with their doctor report being somewhat or very satisfied with their care.

With open, honest conversations and feedback, doctors are more likely to be able to help their patients navigate their own IBS treatment path.

### **IBgard®: A New, Non-prescription Medical Food That Works**

Though IBgard® should not be assumed to be an alternative to FDA-approved drugs, more than 10,000 health care practitioners, including 3,000 gastroenterologists, are estimated to have already recommended IBgard® for their patients. In a recent nationwide survey of gastroenterologists, IBgard® is the No.1 recommended peppermint oil<sup>3</sup> for IBS. While it doesn't require a prescription, it must be used under medical supervision. The usual adult dose of IBgard® is one to two capsules as needed, up to three times per day, not to exceed eight capsules per day. As with almost all medical foods, individual results may vary.

### **Is it Right for You?**

Talk to your doctor to determine if IBgard® is right for you. In a landmark clinical study<sup>4</sup>, IBgard® was shown to significantly manage the symptoms of IBS at four weeks, with a substantial number of patients noting improvement in as early as 24 hours. IBgard® contains l-Menthol, the principal component in peppermint oil that has been specially formulated for the dietary management of IBS. Peppermint oil has been shown in clinical studies to be effective for managing IBS symptoms. This is the only peppermint oil formulated into tiny microspheres to help deliver product quickly and reliably to the lower gut, helping to minimize the potential for side effects.

For more information, see a doctor and visit [www.ibgard.com](http://www.ibgard.com). IBgard® is available in the digestive aisle at most CVS/pharmacy, Walgreens and Rite Aid stores.

<sup>1</sup> Based on the Total IBS Symptom Score (TISS), a composite score of the eight individual IBS symptoms.

<sup>2</sup> American Gastroenterological Association survey. (2015, December). “IBS in America” Summary Survey Findings.” Available at: [http://ibsinamerica.gastro.org/files/IBS\\_in\\_America\\_Survey\\_Report\\_2015-12-16.pdf](http://ibsinamerica.gastro.org/files/IBS_in_America_Survey_Report_2015-12-16.pdf).

<sup>3</sup> Among gastroenterologists who recommend peppermint oil for IBS. Alpha Impact RX, ProVoice October 2015 Survey.

<sup>4</sup> Cash, B.D., Epstein, M.S., & Shah, S.M. (2016, February). A Novel Delivery System of Peppermint Oil Is an Effective Therapy for Irritable Bowel Syndrome Symptoms. *Digestive Diseases and Sciences*, 61 (2):560-571 doi: 10.1007/s10620-015-3858-7.