

# I HAVE IBD and IBS???

Irritable bowel syndrome (IBS) is a common disorder that affects your large intestine bowel. The symptoms can mimic IBD and may include cramping, abdominal pain, bloating, gas, diarrhea and constipation.

Fortunately, unlike IBD, IBS does not cause progressive damage to your intestinal track which in IBD can lead to bleeding, deep ulcers, strictures, fistulas, abscesses, or surgery.

Some people with IBD also have IBS. It is important to determine the cause of symptoms in order to tell the two apart and to determine whether treatment for the symptoms should be targeted to IBD or IBS. For example, if you do not have objective markers of inflammation and yet you are very symptomatic, one needs to think about how much of the symptoms might be coming from IBS so you don't over-treat your IBD. Treatment for IBS can range from fiber supplements, to treatment of diarrhea or constipation, to anti-depressants used to target the pain of sensitized nerve fibers from the intestines to the brain. Difficult cases of IBS may need the help of specialized physicians who treat chronic pain syndromes.

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