IRRITABLE BOWEL SYNDROME (IBS)

IBS AFFECTS MORE THAN 1 IN 10 PEOPLE GLOBALLY.

SYMPTOMS
- Excessive wind
- A change in bowel habits
- Abdominal pain and cramping
- An urgent need to go to the toilet
- Bloating and swelling of the stomach

TRIGGERS
- Alcohol
- Processed snacks
- Stress
- Anxiety
- Antibiotics

IBS ASSOCIATED WITH DEPRESSION

INCIDENCE TWICE AS HIGH IN INDIVIDUALS WITH A BIOLOGICAL RELATIVE WITH IBS.

OVERALL PREVALENCE HIGHER IN WOMEN THAN MEN.

IBS INCIDENCE ACROSS EUROPE:
- FR: 5%
- NL: 6%
- ITALY: 7%
- MONTENEGRO: 8%
- TURKEY: 10%
- GERMANY: 13%
- SPAIN: 14%
- ROMANIA: 14%
- SWEDEN: 15%
- FINLAND: 19%
- RUSSIA: 19%
- GREECE: 22%
- UK: 22%
- CROATIA: 28%
- KELAND: 31%