

APRIL IS IBS AWARENESS M O N T H



If you have IBS, you're not alone.

It's not always easy to talk about. Yet, irritable bowel syndrome, or IBS, affects over 30 million people in the U.S. – women and men, young and old. If you have chronic and recurrent abdominal pain and bowel problems . . . If your daily schedule is often ruled by intestinal discomfort . . . get help. IBS is a complex condition but there are ways to help manage it. Talk to your doctor.

Don't suffer in silence.

The International Foundation for Functional Gastrointestinal Disorders (IFFGD) is a nonprofit organization that offers information and support. Our staff answers questions and provides information that you need to help regain control of your life.

Contact IFFGD to learn more or help in the search for a cure.

Toll Free 888-964-2001 - Email: iffgd@iffgd.org - Web: www.aboutIBS.org
www.facebook.com/iffgd

