

Mistakes in irritable bowel syndrome and how to avoid them

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Mistakes In Articles

Neurogastroenterology & Motility

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This material addresses common mistakes in the diagnosis and management of irritable bowel syndrome, a heterogeneous condition affecting 11% of the global population with varied bowel habit presentations.

KEY POINTS

- IBS affects approximately 11% of the worldwide population, making it one of the most frequent gastroenterological diagnoses.
- All IBS patients experience recurrent abdominal pain, but bowel habits vary: around one-third have predominantly diarrhoea (IBS-D), one-fifth have predominantly constipation (IBS-C), and half have a mixed pattern (IBS-M).
- The author states that IBS has multiple causes and requires an individualized approach to management and treatment.
- The material is intended to review frequent mistakes in IBS diagnosis and management, based on published data and clinical experience.

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