

IBS Myth Buster

(irritable bowel syndrome)

You can never escape IBS

False. Symptoms fluctuate. Speak to your doctor to manage your IBS.



IBS Is an Uncommon Condition

False. 1 in 5 Australians have IBS



IBS can lead to serious health problems like cancer

False. IBS has no relationship to cancer.



Getting diagnosed or treated involves a lot of tests

False. Your doctor will diagnose you via your symptoms.



Only a drastic diet can ease IBS symptoms

False. Diet changes can sometimes make a difference. But they can't cure IBS, and they don't work for everyone.



Stress or anxiety causes IBS

False. Experts don't know why people get the disease. But it's clear that the cause is not in your head. Even though stress and depression can make symptoms worse, IBS is not a psychiatric illness.



Fibre can cure IBS

False. Fibre can help ease IBS-related constipation. It's not a cure, though.



IBS is the same as Colitis

False. Colitis is a term that refers to inflammation in the large intestine. IBS does not cause inflammation in the intestine, so it is a different condition than colitis.



IBS is no big deal

False. IBS can affect your career, your relationships, and almost every part of your life but it can be managed.



IBS only causes diarrhoea

False. IBS can cause both diarrhoea and constipation, and sometimes both.

