5.3 Irritable Bowel Syndrome

Up to 20% of Americans may have irritable bowel syndrome (IBS). A syndrome is a group of symptoms, not a disease. In IBS, the colon does not function correctly. The symptoms of IBS are cramping, bloating, gas, diarrhea, and/or constipation. The cause of IBS is unknown\(^1\). Diet changes, stress reduction, and medicine may help manage the condition\(^2\). To learn more about IBS, see the references below.

**References & Links**