

Irritable Bowel Syndrome

POWERED BY 23ANDME RESEARCH

Irritable bowel syndrome (IBS) is a chronic condition that affects the large intestine. It causes symptoms like abdominal pain along with diarrhea, constipation, or both.



Jamie, your genetic result is associated with a **typical likelihood** of developing irritable bowel syndrome.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Experts agree that for people who have irritable bowel syndrome, healthy lifestyle habits can help manage symptoms. For people with mild IBS, lifestyle changes may be all that is needed to keep symptoms under control.

- Avoid foods that trigger your symptoms. Different foods may trigger symptoms for different people. Talk to a healthcare professional about dietary modifications to try.
- Try increasing the amount of fiber in your diet. A gradual increase in fiber, especially soluble fiber, may improve symptoms for some people with IBS.
- Get regular exercise.
- Manage stress as much as possible.



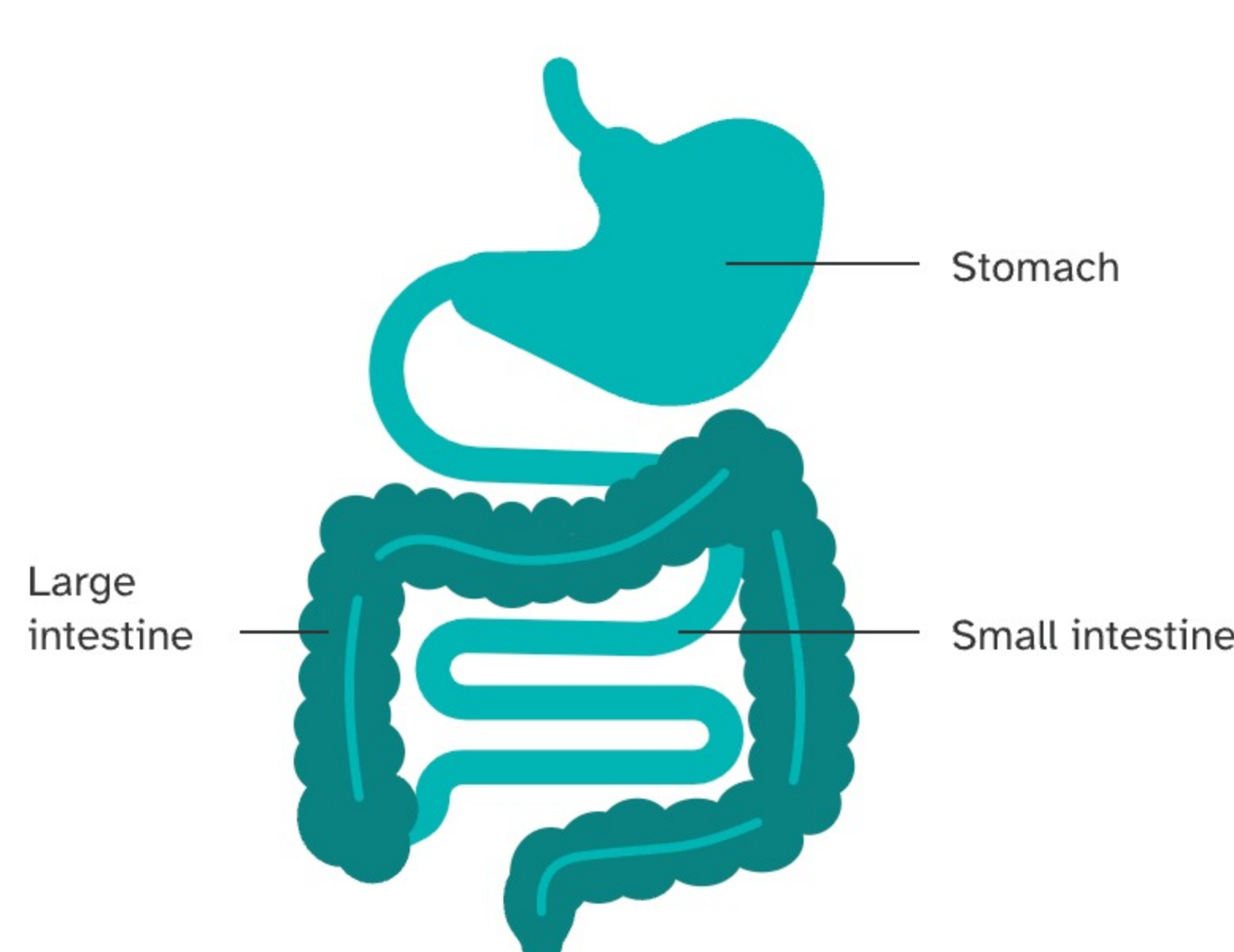
Talk to a healthcare professional about any concerns, for help identifying potential symptom triggers, or for help creating a management plan.

[Learn more from the National Institute of Diabetes and Digestive and Kidney Diseases](#)

About irritable bowel syndrome

What is irritable bowel syndrome (IBS)?

Irritable bowel syndrome, or IBS, is a disorder that impacts the large intestine. It causes symptoms like abdominal pain, cramping, bloating, gas, and changes in bowel movements, including diarrhea, constipation, or both. The cause of IBS is not well understood. Researchers think it may involve multiple related factors, including changes to how the brain and gut work together (called the gut-brain axis), changes in the makeup of microorganisms like bacteria that live in the gut (called the microbiome), and chronic, low-level inflammation in the intestines.



How can IBS impact your health?

The abdominal pain, diarrhea, constipation, and other symptoms that IBS causes can make day-to-day life a challenge. But IBS isn't dangerous, and it doesn't lead to increased risk of developing other problems with the intestines, like inflammatory bowel disease (IBD, a group of conditions that includes Crohn's disease and ulcerative colitis). While IBS symptoms can come and go throughout life, there are many ways to manage them, such as identifying and avoiding symptom triggers. If lifestyle changes aren't enough to control symptoms, medication may also be an option. Counseling may be helpful as well, especially if stress is a symptom trigger.



Other factors that can impact your chances of developing IBS

It's possible to develop IBS regardless of your genetics. Studies suggest more than 10% of people have IBS. Other than genetics, some factors that can increase a person's chances of developing IBS include:

- Age (IBS is more common in people under 50 years old)
- Family history of IBS
- Sex (IBS is more common in females)
- Digestive tract infections (some people develop IBS after a severe digestive tract infection; this is called post-infectious IBS)
- A history of severe stress or abuse, including in early life



If you have concerns about any of these potential factors, talk to a healthcare professional.

Keep in mind

This report **does not diagnose** irritable bowel syndrome. **Consult with a healthcare professional** if you are concerned about your likelihood of developing irritable bowel syndrome, have a personal or family history of irritable bowel syndrome, or before making any major lifestyle changes.



If you have already been diagnosed with irritable bowel syndrome by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing irritable bowel syndrome also depends on **other factors**, including age and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing irritable bowel syndrome.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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- Ancestry Composition
- DNA Relatives
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- Health Predisposition
- Pharmacogenetics
- Carrier Status
- Wellness
- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

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- View all DNA Relatives
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- Advanced DNA Comparison