

BMI-23.13

Press release

March 31, 2023

**Microbiota and irritable bowel syndrome (IBS): the Biocodex Microbiota Institute launches an awareness campaign aimed at healthcare professionals and the general public**

**Patient testimonials, tools to help with diagnosis, certification training courses, infographics, articles... To mark IBS Awareness Month, the Biocodex Microbiota Institute is providing healthcare professionals and the general public with a range of innovative tools and content to better understand IBS and its link with the microbiota.**

**Inform and educate to better diagnose.** In keeping with its mission to raise awareness about the microbiota's importance for health, the Biocodex Microbiota Institute will be actively involved in IBS Awareness Month this April, with exclusive content aimed at healthcare professionals and the general public.

**Educating and training healthcare professionals**

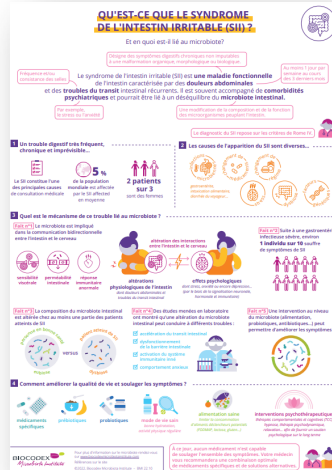
IBS certification training course, infographics to share with patients, expert videos, thematic paper, the latest scientific news... Biocodex Microbiota Institute provides healthcare professionals with customized tools and content to improve their day-to-day practice and quickly become experts on IBS.

The screenshot shows a video player interface. The main video area displays an infographic titled "Microbiota and IBS" which illustrates the "Gut brain axis" and "Potential effect of gut microbiota". The infographic includes sections for "Gastrointestinal motility and sensation", "Immune activation", "Intestinal barrier function", and "Factors that affect gut in irritable bowel syndrome". The factors listed are genetics, stress, antibiotics, and early childhood experience. The video is credited to "Bhattari et al. AJP 2017;31:G52-G62".

On the right side of the player, there is a "Trailer" section with a table of contents for a course titled "Gut microbiota in the management of gastrointestinal symptoms".

Course overview	02:22
Presentation and introduction	03:15
Upper GI symptoms	02:10
Lower GI symptoms	10:10
Bowel habit and the microbiome	05:56
Bloating, flatulence and distension	07:21
Pathophysiology and management	04:44
Microbiota and GI symptoms: evidence and mechanisms	05:53
What recommendation should we be making about diet?	03:15
What to tell patients seeking medical care for bloating, flatulence and distension?	06:44
Conclusions and take-home messages	03:15

Below the table of contents, there is an "Accreditation - Evaluation" section with a "Satisfaction survey" (0:00) and a "Multiple-choice test" (10:00). A "Call to action" button is located at the bottom right of the evaluation section.



## A checklist to improve IBS diagnosis

IBS affects around 10% of the world's population, but 75% of those affected by the disease remain undiagnosed. Most IBS patients share a bumpy care path: failure to diagnose, a lack of reliable information, unsuccessful treatments, inappropriate or even harmful dietary changes. This is why three internationally renowned gastroenterologists (Professor Jean-Marc Sabaté, Professor Jan Tack, and Dr. Pedro Costa Moreira), with the support of the Biocodex Microbiota Institute, have developed [a quick guide to improve IBS diagnosis](https://www.biocodexmicrobiotainstitute.com/fr/pro/votre-aide-memoire-pour-diagnostiquer-le-sii). This practical and innovative tool provides an easy-to-use checklist to differential diagnosis (diagnostic criteria, IBS subtypes, checklist of warning signs, etc.) and to improving communication with patients. Available in three formats, this guide can be downloaded from the **health professional section** of the Biocodex Microbiota Institute website.

<https://www.biocodexmicrobiotainstitute.com/fr/pro/votre-aide-memoire-pour-diagnostiquer-le-sii>

- Fan deck brochure
- Digital
- To download



### Your IBS Diagnosis Tick Book

How many patients suffering from gut disorder do you see per week? How many are diagnosed with Irritable Bowel Syndrome (IBS)? Do you know that some patients have struggle more than 4 years before receiving a formal medical diagnosis of IBS?

Up to 75% of individuals with Irritable Bowel Syndrome (IBS) may be undiagnosed. Properly diagnosing IBS can be challenging and uncertain, it's a complex disease which is difficult to explain to your patient during an average consultation.



**HOW TO DEFINE IBS?**

A disorder of gut-brain interaction (DGBI) and member of the Functional Disorders (FD) family.

- Abdominal pain
- Altered bowel habits
- Bloating
- Discomfort
- Disruption of normal life
- Abnormal Transit Time

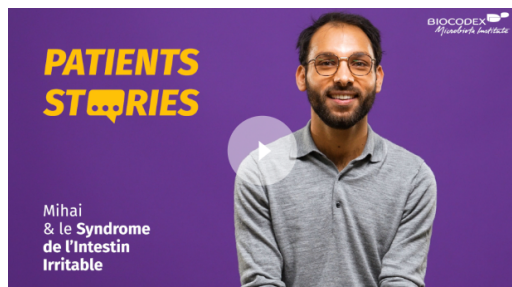
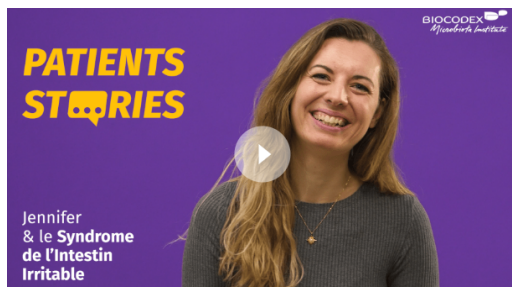




## Living with IBS: patients' stories

Meet Mihai, Jennifer, and Aline. They all suffer from irritable bowel syndrome and speak openly about how the disease has changed their lives. To mark IBS Awareness Month, the Biocodex Microbiota Institute is launching "Patient Stories", a series of video testimonials from patients suffering from chronic diseases. The first episodes of the series are dedicated to IBS and were produced with the support of the French Association of Irritable Bowel Syndrome Patients ([APSSII](#)). They are available in the **lay public section** of the Biocodex Microbiota Institute website:

<https://www.biocodexmicrobiotainstitute.com/fr/patients-stories-vivre-avec-le-syndrome-de-lintestin-irritable-sii>



## A public health issue

Not well known among the general public, diagnosed late by healthcare professionals, and sometimes misunderstood by patients themselves, irritable bowel syndrome is a complex chronic disease and a public health problem. With this holistic awareness campaign, the Biocodex Microbiota Institute intends to actively encourage all stakeholders (patients and health professionals, as well as family members, caregivers, health authorities, and the general public, etc.) to get a better understanding of the disease itself, and the latest research advances pointing to the role played by the gut microbiota. As Jennifer, an IBS patient, says, *"we have to say positive, and above all keep searching."*

### **About the Biocodex Microbiota Institute**

The Biocodex Microbiota Institute is an international scientific institute which aims to improve public health by educating stakeholders about the human microbiota. The institute addresses both health professionals and the general public as part of its mission to raise awareness about the essential role played by this still little-known organ.

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