

Characteristics	Inflammatory Bowel Disease (IBD)	Irritable Bowel Syndrome (IBS)
What is going on?	Chronic inflammation of the gastrointestinal tract caused by an autoimmune response	Functional disorder in which the connection between the brain and gastrointestinal tract (via the vagus nerve) becomes dysfunctional
Prevalence	Rare (<1% worldwide)	Uncommon (~15% worldwide)
Gender Distribution	Equal rates between men and women	Twice as common in women as men
Abdominal Pain	Yes	Yes
Constipation or Diarrhea	Yes	Yes
Gas and bloating	Yes	Yes
Mucus in stool	Yes	Yes
Bloody bowel movements	Yes	No
Fever	Yes	No
Ulcers and inflammatory damage	Yes	No
Involvement of other body areas (e.g. eyes, joints, skin, etc.)	Yes - IBD can lead to extraintestinal manifestations in other areas of the body	No - symptoms of IBS typically remain isolated to the gastrointestinal tract
Diagnostic Findings	<ul style="list-style-type: none"> <li>Abnormal lab findings (elevated CRP, anemia, etc.)</li> <li>Abnormal colonoscopy and biopsy results showing inflammation</li> </ul>	<ul style="list-style-type: none"> <li>Normal lab findings</li> <li>Normal colonoscopy and biopsy results</li> </ul>
Treatment Options	<ul style="list-style-type: none"> <li>Immunosuppressive medications</li> <li>Anti-inflammatory medications</li> <li>Steroids</li> </ul>	<ul style="list-style-type: none"> <li>Dietary modification (FODMAP)</li> <li>Anti-diarrheals</li> <li>Anti-spasmodics</li> <li>Antidepressants and anxiolytics</li> </ul>
Ulcers and inflammatory damage	Sometimes dependent upon the situation	No