

Insights from Lead Authors:

Personalize Dietary Treatment for Patients with IBS

William Chey, M.D., Chief of Gastroenterology & Hepatology at the University of Michigan



"It's always important to establish whether a patient's IBS symptoms are related to eating a meal or not. More than 3/4 of IBS patients associate their symptoms getting worse with eating a meal. **So, food is probably the singular most important trigger for IBS symptoms which should be considered early in IBS patient care by healthcare providers.**

We have now a number of dietary strategies that are beneficial for IBS which is an incredible advance compared to 10-15 years ago. This IBS food test could move us one step closer to a precision nutrition approach, in which providers can offer personalized dietary recommendations to each patient with IBS."

Dr. Anthony Lembo, Vice Chair of Research at Cleveland Clinic's Digestive Disease Institute

"Our diets are complex, and identifying dietary triggers can be difficult. This IBS-specific immune response test can help patients who suffer from IBS identify specific dietary triggers. **Diets are recommended as first-line treatment for IBS patients.**

FODMAP diet can be difficult to follow and exclude a wide range of foods. **For patients who haven't found a specific food or diet that has improved their symptoms, this test may be an option."**



Prashant Singh, MBBS, Michigan Medicine Gastroenterologist

"We have patients all the time who say, 'I know food is a problem for me. **Is there any way to figure out which foods I'm sensitive to?**'"

