April is IBS Awareness Month: Charity bringing IBS out of the closet, helping thousands of sufferers

Thursday 22 March, 2018

Throughout April, The IBS Network national charity is running several initiatives to help overcome the stigma surrounding Irritable Bowel Syndrome, talk openly about the chronic condition and help thousands of sufferers as part of IBS Awareness Month.

IBS is a long-term illness which affects around 12 million people in the UK and can be mentally and physically debilitating, impacting all areas of their lives. Ineffective management of the condition is estimated to cost the NHS £200m annually[i] and Britain's businesses are expected to lose almost £3 billion every year through sick days related to gut health.[ii] Given the right support, people can learn to manage their symptoms through self-management but there are no 'quick fixes'.

'Exploring self-management of IBS' conference: 14 April 2018

Aimed at people living with IBS and healthcare professionals, The IBS Network charity's national conference takes place on 14 April at Sheffield Hallam University. All delegates will be able to listen and contribute to discussions throughout the day, enjoy a tasty gut-friendly lunch and receive a delegate bag which contains a four week supply of Alflorex (valued at £24.95), a full size 200ml sample of Silicolgel (valued at £8.29), a free bottle of A2 Milk and money off vouchers for Dr Schär plus lots of support information.

Join us at the conference and learn from a range of IBS medical specialists, by booking online or calling 0114 272 3253.

Support for people at work

Due to its sensitive nature, many employees may be too embarrassed to confide in their managers, Occupational Health or HR professionals that they have IBS, and so face endless obstacles in trying to secretly control their condition at work. Employers, on the other hand, may not understand the debilitating effects IBS can have on those with the illness or even know what changes to make to help alleviate their situation at work.

The IBS Network has put together a free **'campaign in a bag'** which includes educational support material, such as posters and leaflets for employers to distribute across their organisations which can help start the conversation. To find out more about how to improve the health and wellbeing at work for people with IBS, email us or see www.theibsnetwork.org

April offers – for IBS Awareness Month!*

The charity has a number of very special offers during April:

- Join The IBS Network and receive a free month's supply of VSL#3 by Ferring Pharmaceuticals, valued at £44.85.
- Everyone who buys a FODMAPPED for you! ready-to-eat starter pack containing eight products via The IBS Network's online shop will receive a free membership worth £24/year, courtesy of the UK distributor, Fodmap Easy.
- NEW Wellness Diaries will be available to purchase via The IBS Network's online shop at the price of £5 between 3-30 April (normal price £7.25).

For help and advice related to IBS, go to www.theibsnetwork.org

*For more information and full terms and conditions about all offers available, please see: www.theibsnetwork.org

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[i] Canavan C, West J and Card T, (2014) Review article, The economic impact of IBS. Alimentary Pharmacology and Therapeutics 40 (9) 1023-34.

[ii] Gut Week press release: All figures, unless otherwise stated, are from One Poll. Total sample size was 2,000 adults. Fieldwork was undertaken on 14th July 2016. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+).

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