Myths that IBS Patients Believe

1. IBS symptoms are the same in everyone.
2. IBS is caused because of stress.
3. There is no treatment for IBS. You have to learn to live with it.
4. IBS can lead to Inflammatory Bowel Disease (IBD) or cancer.
5. IBS is all in your head.
6. IBS always sacrifices your quality of life.
7. Only women get IBS.
8. Eating fiber will cure IBS.
9. I can diagnose IBS myself.