

### **S01.3**

#### **Irritable bowel syndrome**

*Jean WM Muris*

*University of Maastricht, Department of Family Medicine, Maastricht, The Netherlands*

*Corresponding author: Professor Jean WM Muris, University of Maastricht, Department of Family Medicine, Maastricht, The Netherlands. E-mail: jean.muris@hag.unimaas.nl;h.schmidt@sboh.nl*

Irritable bowel syndrome is nowadays seen as disturbance in the so-called gut-brain axis. This axis could act in both directions: visceral hypersensitivity could induce an gut to brain effect, while mood disturbance could result in a brain to gut effect. GPs over Europe have differing notions and cognitions regarding IBS, with a varying prevalence of the syndrome over Europe. Some of the approach and management resembles the workup of so-called medically unexplained symptoms (MUS). Reassurance and guidance in primary care is a cornerstone of the practical management of IBS. In this introductory review the latest evidence relevant for primary care will be synthesised regarding the diagnostic and therapeutic approach in the patient with complaints compatible with irritable bowel syndrome.

.