Of the respondents to our Adult GI survey, 87% considered themselves to have some level of GI complications with 3/4 of these believing that these complications had a significant impact on their lives.

Those who experienced complications reported the most common complication is belching. Dysphagia (or difficulty swallowing solid food), loss of appetite, bloating and heartburn are also common issues associated. Diarrhea and urgent stools are common as are frequent solid stools. A third of respondents reported constipation in the previous 4 weeks.

Just over half of respondents have seen a Gastroenterologist and of those less than 50% had an abnormal endoscopy, while over 50% had abnormal colonoscopy results.

Largely, LDS patients do not have any official GI diagnoses. Of those with an official diagnosis, Irritable Bowel Syndrome (IBS) is the most common.

Two thirds of the respondents do not have any reported food allergies. For those that do, gluten, dairy and lactose are the most common.

Patients generally experience GI issues daily, or a few times a week.

Stress and offending food - spices, dairy, gluten, are the greatest irritants for GI issues. Eating a healthy diet, monitoring intake of offending foods, stool softeners and probiotics are reported helpful ways to manage GI issues.