

Navigating DGBI Diagnosis: A Patient Guide

You are not alone.

2 in 5 people worldwide have a Disorder of Gut-Brain Interaction (DGBI)

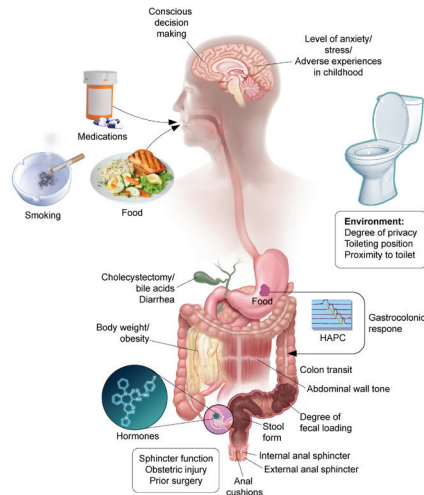
What are Disorders of Gut-Brain Interaction (DGBI)?

A disorder of gut brain interaction is caused by a communication error between your gut and your brain.

It happens because of a combination of factors including:

- A change in the way food and waste move through the GI tract
- Increased sensitivity of the nerves in gut
- Changes to the gut lining
- An imbalance of “good” and “bad” bacteria in the gut
- Changes in how the brain processes pain signals

Things like stress, emotions, infections, and the food you eat can cause the gut and brain to become oversensitive leading to GI symptoms like cramping, fullness, bloating, or abdominal pain.



Be sure to inform your doctor about these symptoms:

- Unintentional weight loss
- Symptoms that wake you from sleep
- Blood in stool
- Recent antibiotic use or illness

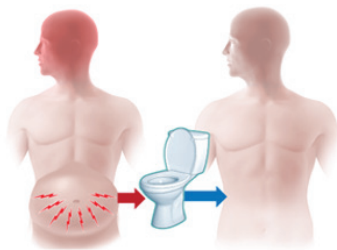
Let your doctor know:

- How long has the pain been present?
- How frequently does it occur and how long does it last?
- What other symptoms have you noticed?
- How is this affecting your life?
- Does the pain change with meals?
- Does it change with bowel movements?

Common abdominal pain causing DGBIs

Irritable Bowel Syndrome (IBS)

Recurrent abdominal pain or discomfort that changes with bowel movements with constipation, diarrhea, or both



Centrally Mediated Abdominal Pain Syndrome (CAPS):

Continuous abdominal pain which interferes with daily life

Functional Dyspepsia

Pain or burning above the belly button or uncomfortable fullness when eating a normal sized meal



Abdominal Migraine

Intermittent episodes of abdominal pain which follow a similar pattern and last hours to days. This can happen to people who have personal or family history of migraine headache and can be associated with sensitivity to light, nausea, vomiting, or aura.

What treatment will I receive for a DGBI?

Treatments for DGBIs depend on the condition and individual goals, though they usually involve a combination of medication and lifestyle changes.

These can include:

- medications that act locally on the GI tract
- neuromodulator medications
- dietary changes
- gut-brain therapy
- biofeedback or movement-based treatments