

Exposing EPI:

Patients don't need to suffer in silence.



Today, nearly half of all Americans experience gastrointestinal (GI) symptoms that impact their daily lives – even worse, 1 in 5 feel these often-troubling symptoms are just something to tolerate.

You're not alone

GI conditions are incredibly common – in fact, digestive diseases account for more than 100 million ambulatory care visits annually in the U.S. (NIH).

Despite this, a new AGA survey reveals all too often, patients wait to raise symptoms to their providers and lack awareness around different GI conditions.



Exposing EPI

The majority of Americans have never heard of exocrine pancreatic insufficiency (EPI), a condition with symptoms like irritable bowel syndrome (IBS), Crohn's disease and other serious conditions, making it critical to raise issues with a health provider to get a diagnosis and start treatment.

EPI is a condition that can cause complications including malnourishment. Yet, it can go undiagnosed when patients don't raise concerns with their provider.



More than a quarter of Americans (28%) never sought care for their GI symptoms in the last year.



Nearly 80% of Americans lack any awareness of EPI and may not know to ask their provider about it.

Don't suffer in silence.

Know the symptoms to flag for your health care provider.

It takes one conversation with your health care provider to begin the process of diagnosis and treatment to improve quality of life. Know what symptoms to look for:

- ▶ Gas and bloating
- ▶ Diarrhea
- ▶ Stomach cramps
- ▶ Unintended weight loss
- ▶ Greasy, foul-smelling stools
- ▶ Bad smelling gas

You don't have to suffer in silence. If you are having GI symptoms, ask your primary care provider about your symptoms and request a referral to a specialist, such as a gastroenterologist, who can help you get to the bottom of your symptoms – as they could be potential warning signs of serious illnesses.



For more information and EPI resources, visit patient.gastro.org/EPI

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