

IBS AWARENESS MONTH APRIL 2003

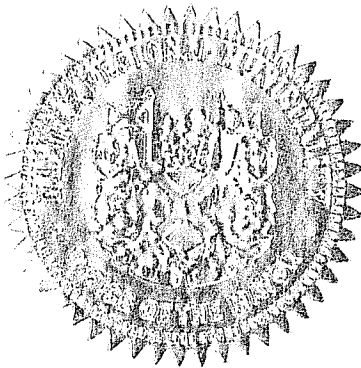
PROCLAMATION

- WHEREAS Irritable bowel syndrome, or IBS is a functional gastrointestinal disorder that is characterized by the following chronically recurring symptoms: abdominal pain, bloating and altered bowel movement (constipation, diarrhea or a combination of the two) - also known as the "ABCD's of IBS." IBS is one of the most prevalent yet least understood medical conditions affecting Canadians, with more people suffering from IBS than asthma or diabetes; and
- WHEREAS Although many Canadians suffer from individual symptoms (the ABCD's), they do not realize that they actually suffer from a medical condition called IBS. It is for this reason that IBS often goes undiagnosed by physicians and patients; and
- WHEREAS The symptoms of IBS affect up to 20 per cent of the population, or just over six million Canadians. Quality of life is significantly lower in people suffering from the symptoms of IBS than in healthy people. Quality of life in IBS patients was comparable to people with clinical depression, and was lower compared to people with type 2 diabetes or those that have had heart attacks; and
- WHEREAS The symptoms of IBS strongly impact personal relationships and working practices, and is the second cause of workplace absenteeism behind the common cold. Although IBS significantly affects an individual's quality of life and work habits, people with the symptoms of IBS often suffer in silence because of their reluctance to discuss their pain and bowel habits, and they do not recognize the individual symptoms of IBS; and
- WHEREAS The following Canadian organizations are committed to supporting people suffering with the symptoms of IBS, including raising public awareness and providing patient educational materials:

- The Canadian Society of Intestinal Research is a registered non-profit organization overseen by gastroenterologists, dedicated to increasing public awareness of digestive diseases and disorders, providing patient educational materials, holding IBS support groups and public lectures, and funding medical research on the gastrointestinal tract;
- The Irritable Bowel Syndrome (IBS) Self Help and Support Group supports those who suffer from IBS, those who are looking for support for someone who has IBS, and medical professionals who want to learn more about IBS;
- The *Association des maladies gastro-intestinales fonctionnelles (AMGIF)*, formerly known as the *Association du syndrome de l'intestin irritable*, is a Quebec-based non-profit organization founded by a group of volunteers supported by professionals within the health sector, dedicated to improving the quality of life and well-being of all Quebecers suffering IBS.

NOW THEREFORE BE IT RESOLVED, that I, Peter J. Kelly, Mayor of the Halifax Regional Municipality, do hereby proclaim April 2003 as "**IBS Awareness Month**" in the Halifax Regional Municipality.

Dated at Halifax, Nova Scotia
this 25 day of March, 2003.



A handwritten signature of Peter J. Kelly, consisting of a stylized, elongated loop followed by a few short strokes.

Peter J. Kelly
Mayor