

CASE STUDY

THE CONSIDERATION OF ibs-smart AS A FIRST-IN-LINE TEST FOR IBS



Demographics:

- Female
- 46 years old

Symptoms:

- Abdominal bloating
- Diarrhea
- Persisting for 2-3 years

Gastroenteritis Risk:

- Frequently travels to Asia for business

Other GI Conditions or Family History:

- None

Specialists Consulted:

- Primary care physician
- Gastroenterologist

A patient suffering from GI symptoms separately experienced an **exclusionary** and an **inclusionary** diagnostic pathway before being provided with a diagnosis of **irritable bowel syndrome** and an accompanying, effective treatment plan.

EXCLUSIONARY PATHWAY

Ordered by: **Gastroenterologist**

Test:	Results:	Cost:
EGD	Normal	\$3,947
Colonoscopy	Normal	\$4,469
H Pylori	Negative	\$295
Celiac Panel	Negative	\$178
Endoscopy (For Barrett's Esophagus)	Negative	\$5,950
Stool Studies (Bacterial, Ova and Parasite)	Negative	\$119

Cost estimates are national averages from MDsave

INCLUSIONARY PATHWAY

Ordered by: **Primary care physician**

Test:	Results:	Cost:
ibs-smart	Positive	\$220

RESULTING TREATMENTS AND OUTCOMES

Diagnostic Pathway:

Exclusionary

Treatment(s):

Proton Pump Inhibitors
Sucralfate

Outcome:

No improvement in symptoms

Inclusionary (ibs-smart)

Rifaximin
Patient counseling about
food poisoning prevention

Symptoms completely
resolved two months after
treatment was completed

A positive result with ibs-smart indicated that the patient could be **confidently diagnosed with irritable bowel syndrome** and that the cause was a **damaged microbiome** from an instance of **gastroenteritis**. This data allowed the patient's primary care physician to **quickly prescribe treatment** that targeted the microbiome. As a result, the patient's **symptoms were resolved** soon after treatment was completed.

ibs-smart RESULTS: A CLOSER LOOK

Antibody:

Anti-CdtB

Patient Value:

0.82 (OD)

Level:

Not Elevated

Interpretation:

Immune response is no longer active at elevated levels, suggesting gastroenteritis was not recent.

Anti-vinculin 1.91 (OD)

Elevated

Autoimmunity has developed against protein critical for gut function, damaging the microbiome.

These test results indicated irritable bowel syndrome with a **positive predictive value of 96%** and a **specificity of 91%**. The additional data provided by the test helped the physician to understand and **explain the entire progression** of the patient's specific case of IBS.

CONCLUSIONS

The utilization of ibs-smart as a first-in-line test for patients with diarrheal IBS symptoms offers significant benefits over a solely exclusionary approach to the diagnosis.

- **The fastest path to treatment:** Test results are provided within four days of receiving a patient's sample, and positive results have a 96% - 100% positive predictive value.
- **More personalized treatment:** Test results provide insight into the progression of irritable bowel syndrome in the patient.
- **Significant cost and time savings:** Patients could save over \$14,000 by avoiding potentially unnecessary procedures.