**IBS vs. IBD**

The two conditions are both gut-related and can cause serious symptoms, but they are very different.

**IBS**
- Functional GI disorder
- Not life-threatening
- Caused by many factors
- No genetic component
- More common
- Often treated with lifestyle changes

**Both**
- Chronic gut disorders
- Similar symptoms
- Impair quality of life
- Manageable, not curable

**IBD**
- Chronic inflammatory disease
- Can be life-threatening
- Caused by inflammation
- Genetic component
- Less common
- Often treated with surgery