Ardelyx Presents Results from its IBS in America 2024 Supplemental Survey at the American College of Gastroenterology's (ACG) Annual Meeting

October 28, 2024

Ninety percent of survey participants reported "some" or "significant" negative impact of IBS-C on their life

Survey results presented in two poster presentations

WALTHAM, Mass., Oct. 28, 2024 (GLOBE NEWSWIRE) -- Ardelyx, Inc. (Nasdaq: ARDX), a biopharmaceutical company founded with a mission to discover, develop and commercialize innovative, first-in-class medicines that meet significant unmet medical needs, today announced that results from the IBS in America 2024 supplemental survey, in partnership with Health Union, were presented at the American College of Gastroenterology's (ACG) Annual Scientific Meeting & Postgraduate Course, currently taking place in Philadelphia. Developed as an online, nationwide survey conducted in partnership with Health Union, more than 280 irritable bowel syndrome with constipation (IBS-C) patients were surveyed to better understand their symptoms and the impact of IBS-C on their overall health and quality of life.

"Ardelyx is committed to better understanding the lived experience of patients with IBS-C, and the insights gained from our IBS in America supplemental survey clearly outline the everyday impact of IBS-C on patients, which extends far beyond constipation and results in a low quality of life for many patients," said Johannah Ruddy, M.Ed, director, patient advocacy at Ardelyx. "The supplemental survey provides us with unique insights into what symptoms patients are experiencing, and how often. We hope these findings spark productive conversations between patients and their healthcare providers on how to recognize, understand and treat IBS-C to improve the lives of those living with this condition, and raise awareness of the need for broader dialogue around this condition."

Notably, 90% of IBS-C patients surveyed reported "some" or "significant" negative impact of IBS-C on their life, with a majority indicating they feel a negative impact on their mental and emotional health, sexual health and intimacy, relationships and sense of independence. More than one-third of IBS-C patients described their quality of life as "poor" or "fair," often attributed to having multiple health conditions. The comorbidities most experienced and reported included mental health conditions, chronic pain conditions, metabolic disorders and other gastrointestinal disorders.

Patient Perspectives: IBS In America 2024 Real-World Survey: Patient Perspectives: IBS In America 2024 Real-World Survey

A Media Snippet accompanying this announcement is available by clicking on this link.

Additional survey findings include:

- 85% of patients experienced pain in the rectum or anus while trying to have bowel movements
- Over 55% of patients reported a feeling of incomplete bowel movement "often" or "always" in the previous seven days
- Most of those surveyed experienced other symptoms in addition to constipation, including:
  - 86% of patients experienced bloating
  - 85% of patients experienced abdominal cramps and pain
  - 64% of patients experienced fatigue
- Of the 104 respondents currently perimenopausal or having menstrual periods, more than 45% felt that menstruation made constipation worse, and over 80% felt menstruation exacerbated abdominal pain and bloating symptoms
- Over 45% of patients considered IBS-C "somewhat," "quite a bit" or "very much" a financial hardship to themselves and their families

Data from the IBS in America 2024 supplemental survey was presented in two posters during ACG's Annual Scientific Meeting this week, which are publicly available here.

Title: **Irritable Bowel Syndrome With Constipation Poses a Substantial Burden to Patient Overall Health Status and Quality of Life: Results From the IBS In America 2024 Real-World Survey**
Authors: Eric Shah, Johannah Ruddy, Belinda Gist, Elizabeth Stremke, Laura Williams, Baharak Moshiree
Poster Number: P0641

Title: **Patients With Irritable Bowel Syndrome With Constipation From the IBS In America 2024 Real-World Survey Experience Burdensome Symptoms Beyond Constipation**
Authors: Baharak Moshiree, Johannah Ruddy, Belinda Gist, Elizabeth Stremke, Laura Williams, Eric Shah
Poster Number: P2335

About Irritable Bowel Syndrome with Constipation (IBS-C)
Irritable bowel syndrome with constipation (IBS-C) is a gastrointestinal disorder characterized by both abdominal pain and altered bowel movements, estimated to affect 12 million people in the U.S. IBS-C is associated with significantly impaired quality of life, reduced productivity, and substantial economic burden.

About IBS in America 2024
IBS in America 2024 was a 15-minute, real-world, online survey fielded by Health Union from January 15 to April 14, 2024, in United States residents age 18 and older. The survey covered demographics, comorbidities, quality of life impact, treatments and health care provider (HCP) interactions. Patients who completed the survey were invited to participate in an institutional review board–approved supplemental extension survey if they met the following criteria: diagnosed with IBS-C or IBS with alternating diarrhea and constipation by an HCP, currently seeing an HCP to treat IBS, and had ever used an over the counter or prescription treatment for IBS.

Four questions addressed patients' menstrual status and the impact of menstruation on constipation. These analyses only include patients diagnosed with IBS-C who completed the supplemental extension survey. Respondents with IBS-C (N=284) had a mean (range) age of 51 (18-86) years and

were predominantly female (92%; 48% postmenopausal) and White (87%). Most respondents had been living with IBS-C for ≥2 years, and 80% of respondents reported IBS episodes occurring weekly or daily over the past year. This survey was designed to learn about patients' experience with IBS-C and did not investigate safety or efficacy of any prescription drugs for management of IBS-C.

About Health Union
Health Union is the proven industry leader in condition-specific, online health community and patient engagement. The company reaches millions of people through the largest network of online health communities (e.g., Migraine.com, MultipleSclerosis.net, LungCancer.net) and health leaders – addressing virtually every condition and providing patients and caregivers with the information, connection, and support they need to live better with challenging health conditions. For more than a decade, Health Union has been transforming the way pharmaceutical and healthcare brands engage with people, enabling transparent, innovative opportunities to gain insight and empower action through advertising, marketing research, and clinical trial solutions for the healthcare industry.

About Ardelyx
Ardelyx was founded with a mission to discover, develop and commercialize innovative, first-in-class medicines that meet significant unmet medical needs. Ardelyx has two commercial products approved in the United States, IBSRELA® (tenapanor) and XPHOZAH® (tenapanor). Ardelyx has agreements for the development and commercialization of tenapanor outside of the U.S. Kyowa Kirin commercializes PHOZEVEL® (tenapanor) for hyperphosphatemia in Japan. A New Drug Application for tenapanor for hyperphosphatemia has been submitted in China with Fosun Pharma. Knight Therapeutics commercializes IBSRELA in Canada. For more information, please visit https://ardelyx.com/ and connect with us on X (formerly known as Twitter), LinkedIn and Facebook.

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Source: Ardelyx, Inc.