

Prevalence of Irritable Bowel Syndrome, Functional Dyspepsia and their Overlap in Saudi Arabia

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ABSTRACT

Study Design: Cross sectional

Background: Functional gastrointestinal disorders (FGIDs) are a class of disorders that are identified and categorized based on symptoms because they lack a significant deviation from the normal histological, anatomical, and biochemical characteristics.

A chronic gastrointestinal illness called irritable bowel syndrome (IBS) is characterized by recurring stomach pain or discomfort linked to a changed bowel routine. Global research has determined that between 5 and 20% of people worldwide suffer from IBS. Gastroenterology clinics have received referrals for 30% to 50% of IBS patients. A thorough review of the patient's symptoms, a thorough history (including information about diet, medications, medical, surgical, and psychological history), an assessment of the patient for the presence of warning signs (such as "red flags" of anemia, hematochezia, unintentional weight loss, or a family history of colorectal cancer or inflammatory bowel disease), and a guided physical examination are all necessary to make the traditional diagnosis of IBS.

Methods: In Southern Saudi Arabia, IBS was targeted on all accessible groups using a descriptive cross-sectional strategy. Participants in the poll had to be Saudi citizens who were 18 years of age or older, had IBS, and resided in the Aseer region. Data collection was started after receiving approval from the institutional ethics committee. An electronic questionnaire that was already pre-structured was used to collect data from the participants. Between April and June 2021.

Results: Out of total 1622 respondents 55.49% were females while 44.51% were males 61.6% have 5-10 working hours ,23.3% were working in civil areas, 25.9% were from southern region, 83.2% were living in cities, 61.6% have income level 5000 to 15000SAR, 67.82% were nonsmokers 21.95 & 28.1% were suffering from DM and HTN respectively. We did not observe gender wise significance difference in the prevalence of IBS.

Conclusion: This is the first study to quantify the prevalence of IBS and FD, as well as the risk factors related with these disorders, in the Saudi city of Abha. Our findings are useful in bridging the epidemiological data gap Aseer region IBS, FD, and OS. Future research would allow for a better knowledge of the complicated biology of both disorders, as well as better management tailored to the risk factors associated.

Keywords: Functional gastrointestinal disorders, Irritable Bowel syndrome, Overlap, Patients, Quality

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