

Co-occurrence of Irritable Bowel Syndrome, Gastro-esophageal Reflux Disease and Functional Dyspepsia in patients referring to Kerman gastroenterology clinics in 2017

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Abstract

Background: Irritable bowel syndrome (IBS), gastro-esophageal reflux disease (GERD) and functional dyspepsia (FD) are the most common gastrointestinal diseases. These can increase economic fees and can decrease quality of life. This aimed to determine the simultaneous occurrence of these diseases in patients referred to Kerman gastroenterology (GI) clinics.

Materials and methods: This cross-sectional study was performed on patients referred to Kerman GI clinics in 2017. Recognition of IBS, GERD and FD were considered by Rome III criteria, based on typical and atypical symptoms. Those patients diagnosed with any of these three diseases were evaluated in terms of two other illnesses. Data were analyzed by SPSS version 20.

Results: In this study, 83 cases were studied. There were 50.6% male. The mean age was 35.01 ± 10.06 years. 74 cases (89.2%) had IBS (the most of them, diarrhea-constipation). 36 cases were with GERD and 66 with FD. Epigastric pain syndrome was seen in 42 cases. 39.2% patients with IBS, had GERD. This relationship was significant ($P=0.027$). 78.4% patients with IBS had FD. This relationship was not significant ($P=0.461$). 69.4% patients with GERD had FD. This relationship was significant ($P=0.047$).

Conclusion: According to high prevalence of digestive diseases and economic burden and the high psychological pressure that it imposes on society and the health system, it is advisable to provide training and education programs for public awareness.

Keywords: Irritable Bowel Syndrome, Gastro-esophageal Reflux Disease, Functional Dyspepsia