Interpretation and reporting of GI symptoms, differential diagnosis and diagnostic work-up in your area: Eastern Europe

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Outline

• Eastern Europe: geographical refreshment
• Reporting gastrointestinal symptoms
• Diagnostic work-up
HOW EASTERN IS EASTERN EUROPE?
Reporting gastrointestinal symptoms

- GI symptoms investigated in many countries
- Functional GI symptoms less commonly investigated
Screening of GI reports

• All papers from Medline on GI symptoms in EE countries (>3000 papers)
• At least abstract in English or in an international language
• Analysis of the scientific value of reporting
Particularities of GI symptom reporting

- Many small studies
- Diverging data
- Some methodological flaws
- Many blank areas on the map
Reported data

• Some of the available information
Most studies are limited in size due to the small sample sizes. Several studies have focused on specific groups, such as students or inpatients. The prevalence of IBS varies across different studies, with most studies reporting a higher prevalence in females.
Katsinelos et al 2009

- 2397 participants [704 men (29.4%), mean age 46.1±15.0 years]
- 373 (15.7%) reported gastrointestinal symptoms compatible with IBS
- of whom 136 (36.5%) D-IBS,
- 165 (44.2%) C-IBS
- 72 (19.3%) mixed type IBS.
- IBS were more likely to be female living in an urban area vs. healthy controls (p=0.03 and 0.0001, respectively).
- decrease in health-related quality of life (in 246 (66%) IBS patients.
- Female sex, older age and housekeeping were associated with C-IBS (P=0.02, 0.001, and 0.001, respectively).
- Female sex and IBS-M were associated with health care-seeking behaviour
 Celebi 2004, Yilmaz et al 2005

• 1766 subjects, 45.4% M
  – IBS higher in women (12.4%) than in men (8.0%)
  – married subjects had higher IBS rates (11.6%) than singles (6.7%). \( p = 0.000 \) for both.
  – most common in the 35-54-year age group.
  – No difference in terms of settlement.
  – Prevalence of IBS 5% M, 7.4% F; 6.3% overall.
  – Prevalence of IBS was highest (10.2%) in persons who were illiterate and lowest (3.0%) in university graduates.
  – A positive correlation was determined between low economical status and prevalence of IBS \( p<0.05 \).
  – History of abortion in women increased the IBS risk by 1.8 times.
IBS

Karaman et al 2003

- IBS prevalence in the city center of Sivas to be 19.1%.
- Distribution of irritable bowel syndrome (+) patients age groups showed no significant difference but irritable bowel syndrome was significantly more common in females.
- The most common occupation showing irritable bowel syndrome positivity was workers.
- Irritable bowel syndrome prevalence was also significantly higher in persons not eating three regular meals per day.
- There was a significantly positive correlation between irritable bowel syndrome prevalence and psychological events, previous abdominal operations and infections.
- IBS not related with educational status, smoking, daily tea and coffee consumption, alcohol intake, menstrual periods or weight loss.
IBS IN THE FILES OF ROMANIAN GPs  
Dumitrascu et al 2004

Prevalence %
Total: 1.95%
M: 1.9%
F: 2.0%
n = 24,450 subjects
476 IBS pts.

Age

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The dietary intake of patients with irritable bowel syndrome was assessed using 24-h dietary recall. The energy value and nutrient contents in the daily food rations were calculated by Nutritionist IV computer program with the Polish database.

Differentiations in the Polish RDA coverage for energy and nutrients were observed in the studied group.

Fat, saturated fatty acid, phosphorus and also vitamin A, E and C contents were above the RDA in the patients' daily food ration.

Calcium and cooper intake was below the Polish RDA. The insufficient vitamin B2 intake and excessive Fe supply have been shown in the male patients.
Role of life events

- Dumitrascu & Baban A. (Romania)
  An increased amount of IBS-like symptoms within the first month following the uprising in Romania in December 1989 was reported.

The effect of stress and the psychological factors are commonly investigated and uncovered, also with methods of different accuracy.
DIFFERENCES IN SEXUAL ABUSE REPORT  Dumitrascu et al 2001

- Romania: <1%
- France: 32%
- USA: 20%
- USA: 43%
- Australia: 27%
Constipation

- 15% of the Greek general population
  Papateodorodidis et al 2010

- 20.6% in a Bulgarian district
  Damianov & Damianova 1978

- An amazing recent study shows that
  chronically constipated women give
  birth to male newborns in excess
  compared to nonconstipated women
  in Hungary

  Czeizel et al 2010
Dyspepsia

• Rejchrt et al 2008
  – 2509 persons, aged 5-100 years, randomly selected from 30,012 individuals in the general population
  – 17% prevalence of long-lasting (>12 months)
  – The prevalence of dyspepsia was significantly higher among women.
  – The excess cases of dyspepsia among the highly educated
  – Being a widow/widower had a significant effect
  – No association between Helicobacter pylori infection and dyspepsia was found
• prevalence 10% for heartburn, 15.6% for acid regurgitation, and 20% for either symptom.
• prevalence of gastroesophageal reflux disease was 29.4% in patients with dyspepsia.
• dyspepsia was found in 43.1% of patients with gastroesophageal reflux disease.
• Only 21% of symptomatic subjects or 8.4% of the entire study population had both symptoms.
• Of the 700 individuals, 53% reported > or = 1 gastrointestinal symptom during the past week
• and 55% during the past 6 months (dyspepsia: 48%, GERD: 38%, IBS: 21%).
• Only one disorder was diagnosed in 25% (dyspepsia: 18%, GERD: 7%), and > or = 2 disorders
• in 75% of symptomatic individuals. Dyspepsia or GERD was predominant in 7%
Other FGID

- There is no data on the epidemiology of functional biliary disorders.
- FAPS is reported with Rome III questionnaire by 1% of the students of a Romanian medical school (in this sample the prevalence of IBS is 4%). (Dumitrascu et al 2006)
DIAGNOSTIC WORK-UP

• Rome criteria are known by health professionals
• Main diagnostic standard
Knowledge of GPs

- Dumitrascu et al 2006
  - GPs interviewed with structured questionnaire before and after training courses in IBS (n=88).
  - 2 (2.4%) who indicated that IBS is a motility disorder (opinion revised after the course), all other GPs considered IBS as a functional disorder.
  - All (100%) opted for the necessity of colonoscopy to diagnose IBS.
  - 98.8% indicated the use of Rome II criteria for the diagnosis of IBS.
  - All (100%) had participated in previous lectures or courses on IBS.
  - 58 (66%) reported the prevalence of IBS in their practice between 1-10%; 16 (18%) between 10-25%; 11 (12.5%) between 25-33%; 3 (3.5%) reported <1%. 
Better knowledge than in other European areas

- West German district: 121 GPs practitioners (46.5% response rate).
- IBS was regarded as a functional disorder by 55% (49% as a motility disorder and 66% as a psychic disorder). Diagnostic criteria for IBS were used only by 22 GPs (18%).
- Franke et al 2009
CONCLUSION

• Data on epidemiology of GI symptoms and FGID still insufficient

• More papers are published on this topic

• Correct work-up based on Rome diagnostic criteria