



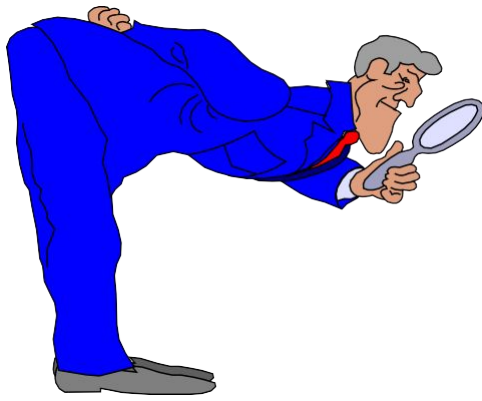
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Department of Internal Diseases №1

IRRITABLE BOWEL SYNDROME

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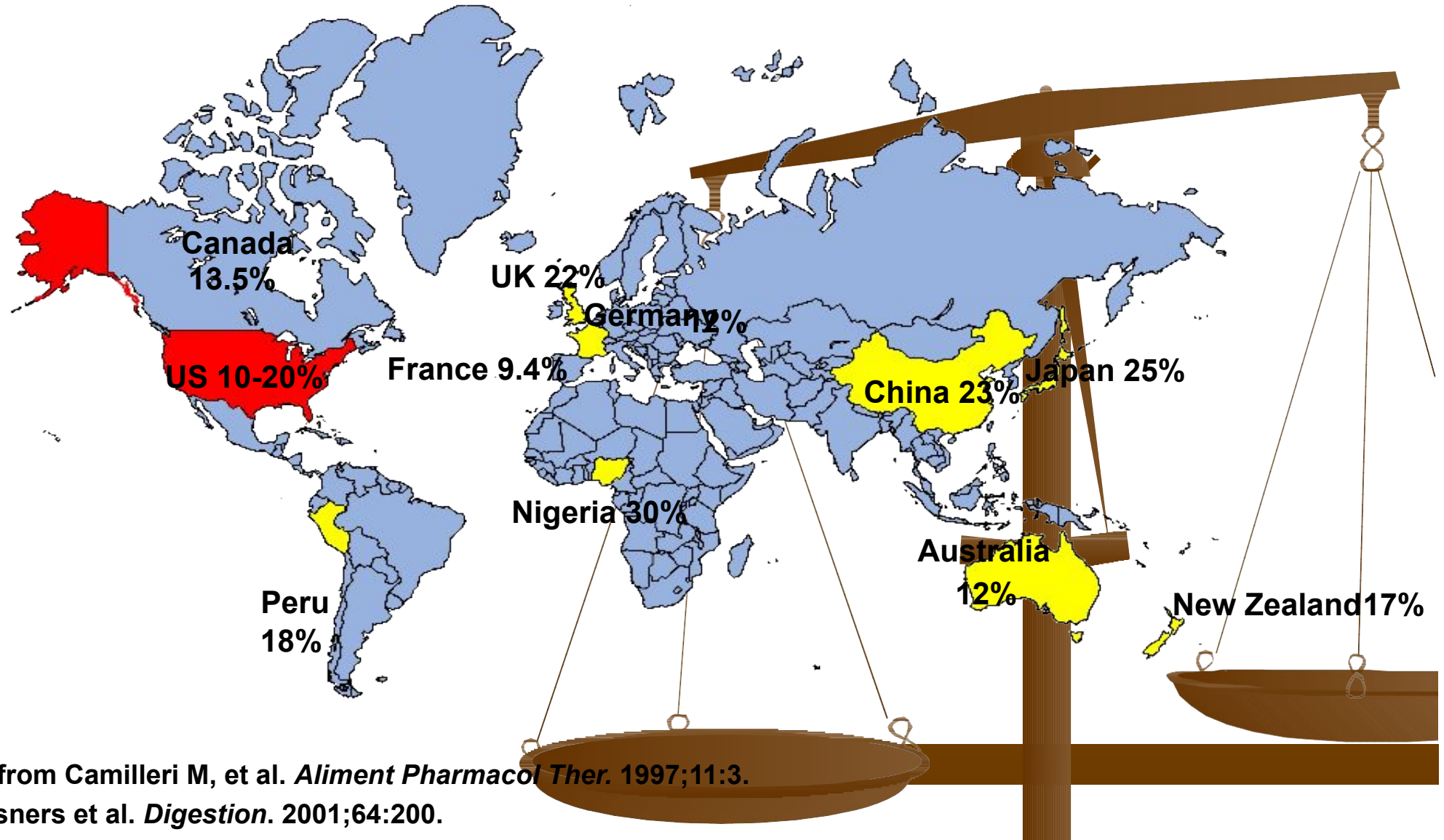
Astana 2018



Introduction

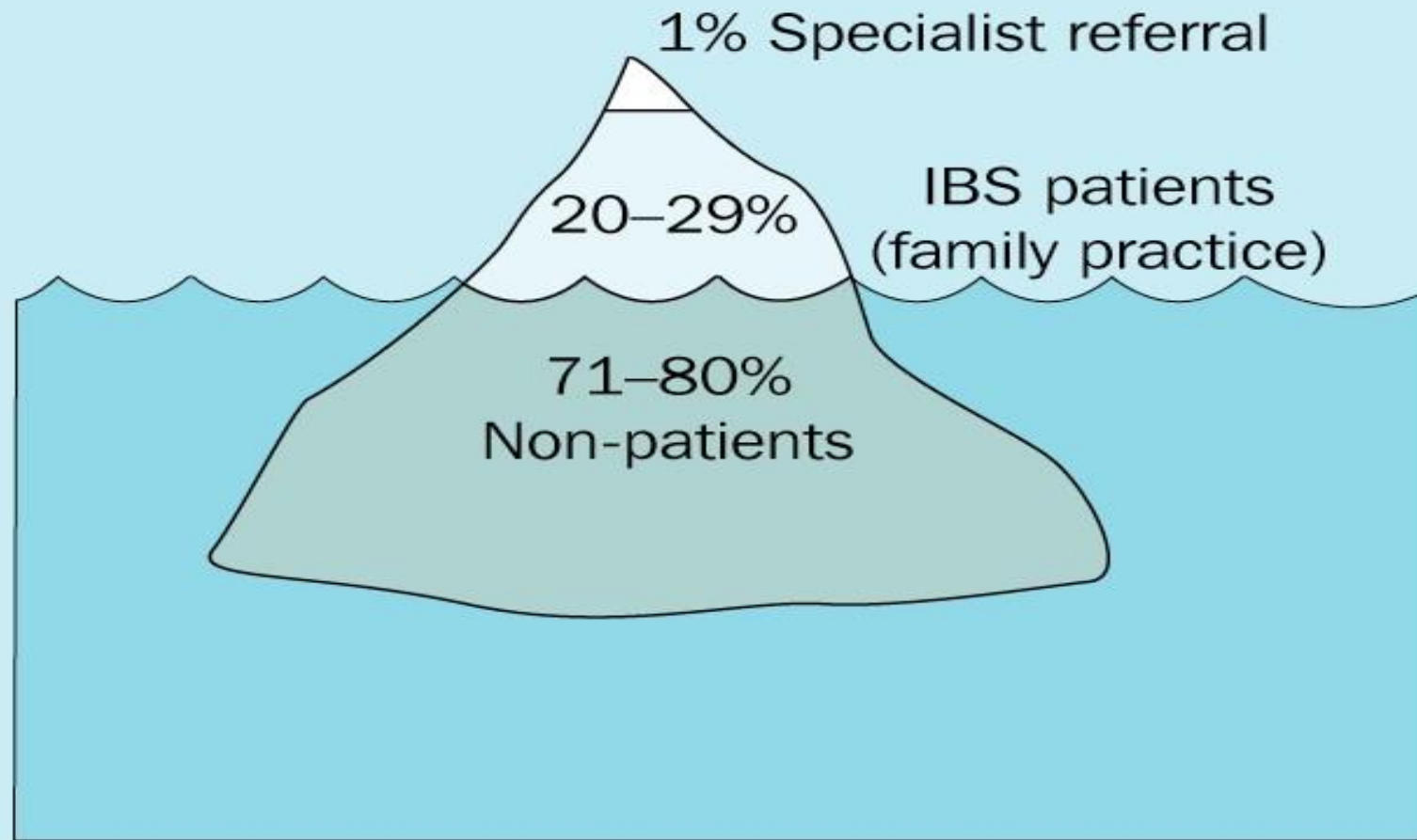
- First described in 1771.
- 50% of patients present <35 years old.
- 70% of sufferers are symptom free after 5 years.
- GPs will diagnose one new case per week.
- GPs will see 4-5 patients a week with IBS.
- Point prevalence of 40-50 patients per 2000 patients.

World Prevalence of IBS



Adapted from Camilleri M, et al. *Aliment Pharmacol Ther.* 1997;11:3.
Muller-Lisners et al. *Digestion.* 2001;64:200.

Prevalence of IBS



Types of IBS

:IBS can be subdivided into

Constipation-predominant :the person tends to alternate constipation with normal stools. Symptoms of abdominal cramping or aching are

-1

.commonly triggered by eating

-2

Diarrhea-predominant : the person tends to experience diarrhea first thing in the morning or after eating. The need to go to the toilet is typically .urgent and cannot be delayed

Alternating constipation and diarrhea (or IBS-mixed IBS) (IBS-A) -3

The Positive Diagnosis of IBS: A Symptom-Based Approach

Identify Current Primary Symptoms

- ▼ Abdominal pain / discomfort
- ▼ Bloating
- ▼ Constipation/Diarrhea



Look for 'Red Flags' Based on:

- ▼ History
- ▼ Physical exam
- ▼ Laboratory tests



Perform Selected Physical and Diagnostic Tests to Rule Out Organic Disease

Make a Positive Diagnosis

Identify Red Flags

History

Unintentional weight loss
Onset in older patient (>50 years)
Family history of cancer

or IBD
Initial

lab

□ ↑ WBC

□ ↑ ESR

□ Abnormal chemistry

□ ↑ TSH

Physical exam

Abnormal

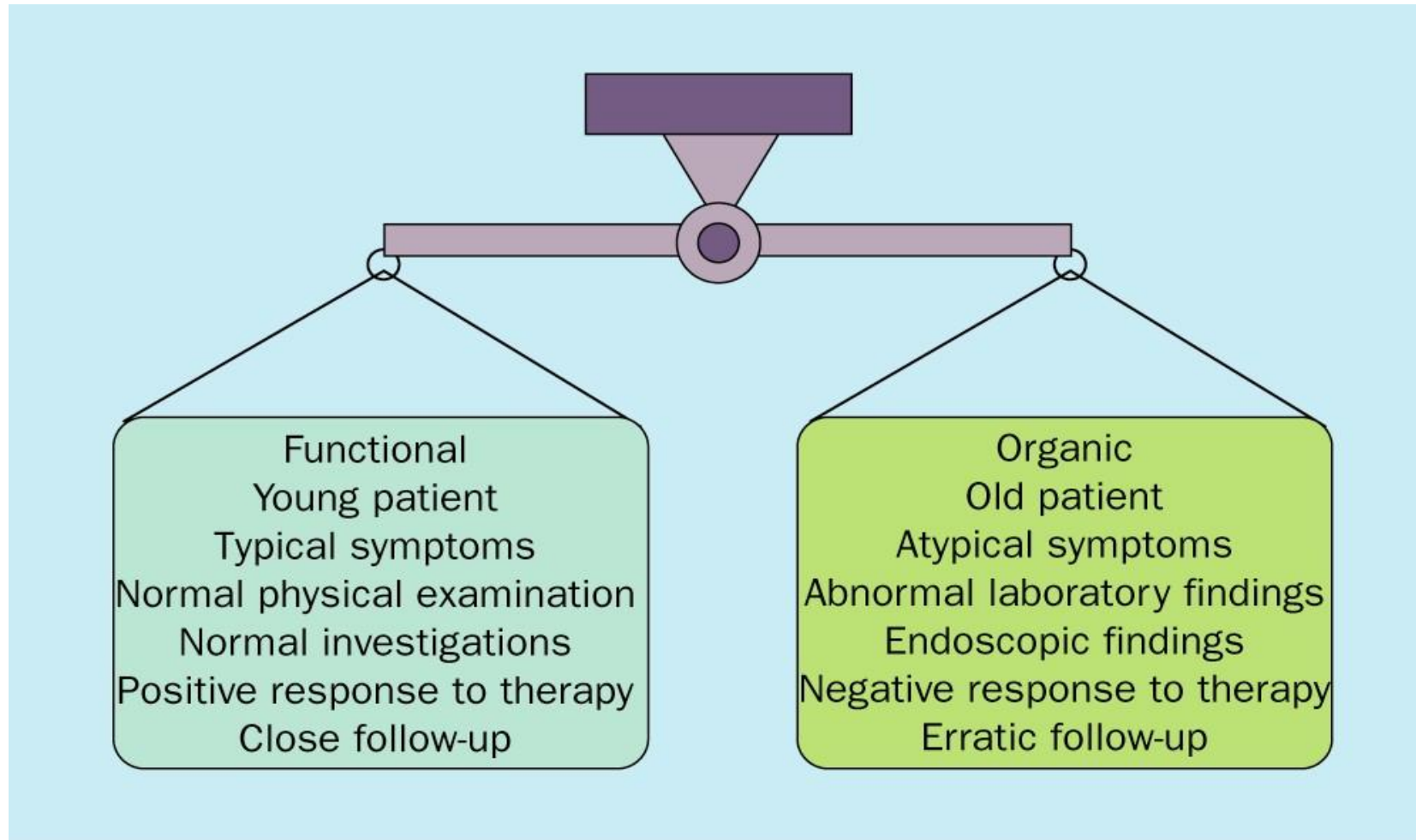
Rectal bleeding /

obstruction

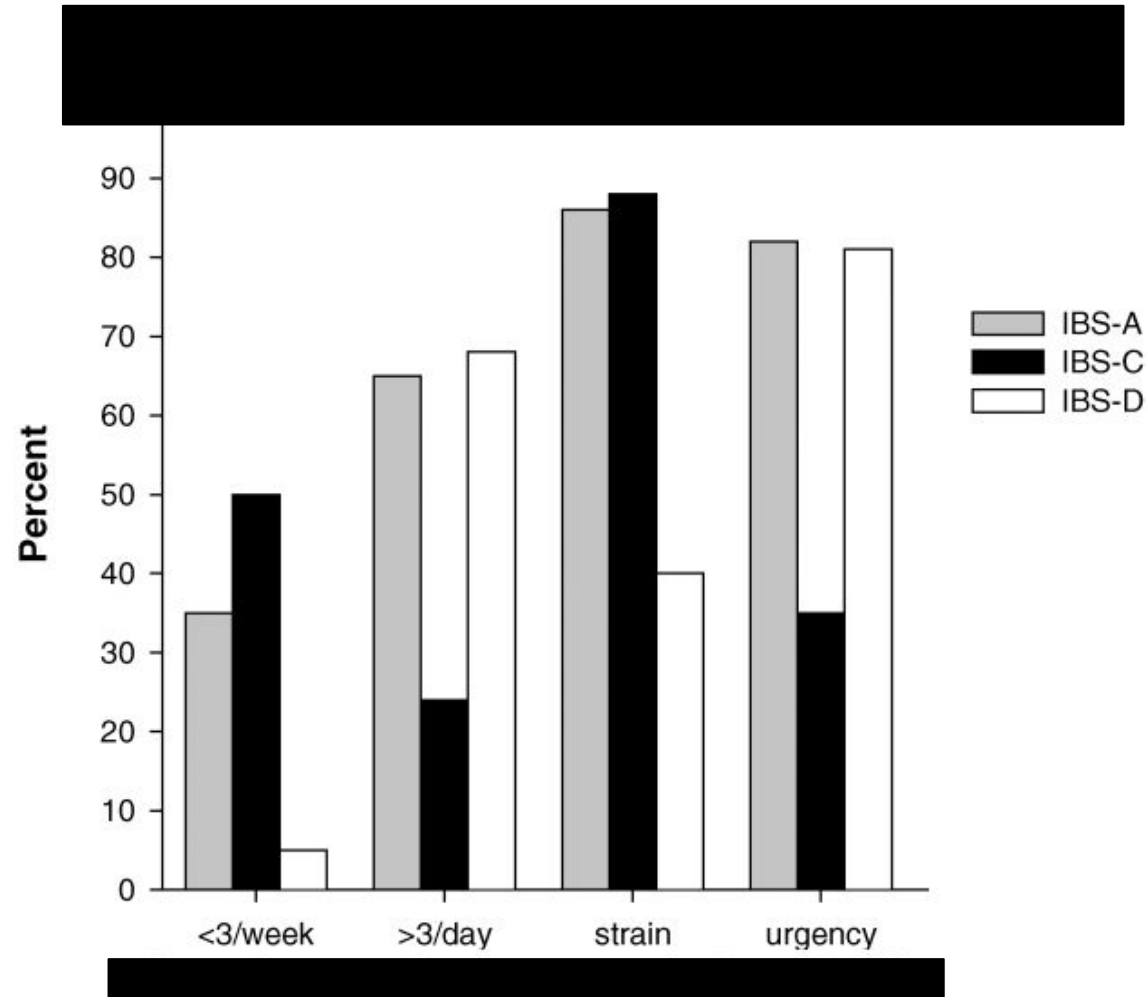
Positive flexible sigmoidoscopy (>50 years)

Red
Flags

The balance of IBS diagnosis



Association of bowel symptoms with stool consistency



Defining Stool Consistency

Bristol Stool Form Scale



Type 1 Separate hard lumps, like nuts

Type 2 Sausage-like but lumpy

Type 3 Like a sausage but with cracks in the surface

Type 4 Like a sausage or snake, smooth and soft

Type 5 Soft blobs with clear-cut edges

Type 6 Fluffy pieces with ragged edges, a mushy stool

Type 7 Watery, no solid pieces

} **Hard**

} **Normal**

} **Loose**

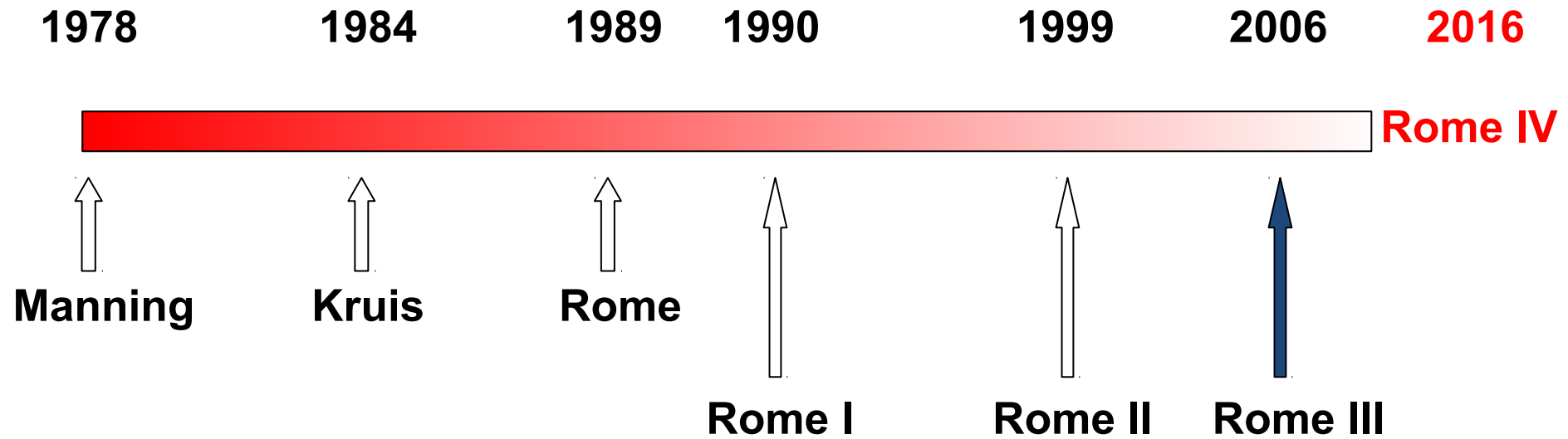
Changes to IBS

classification Rome

III Summary

- No change to basic criteria
- Length of time needed to define chronicity reduced to 6 months
- Threshold ≥ 3 days / month introduced for frequency of pain / discomfort
- Subtyping simplified (stool consistency)
- Stability of subtypes and link to other features like visceral sensitivity and response to treatment remain to be determined

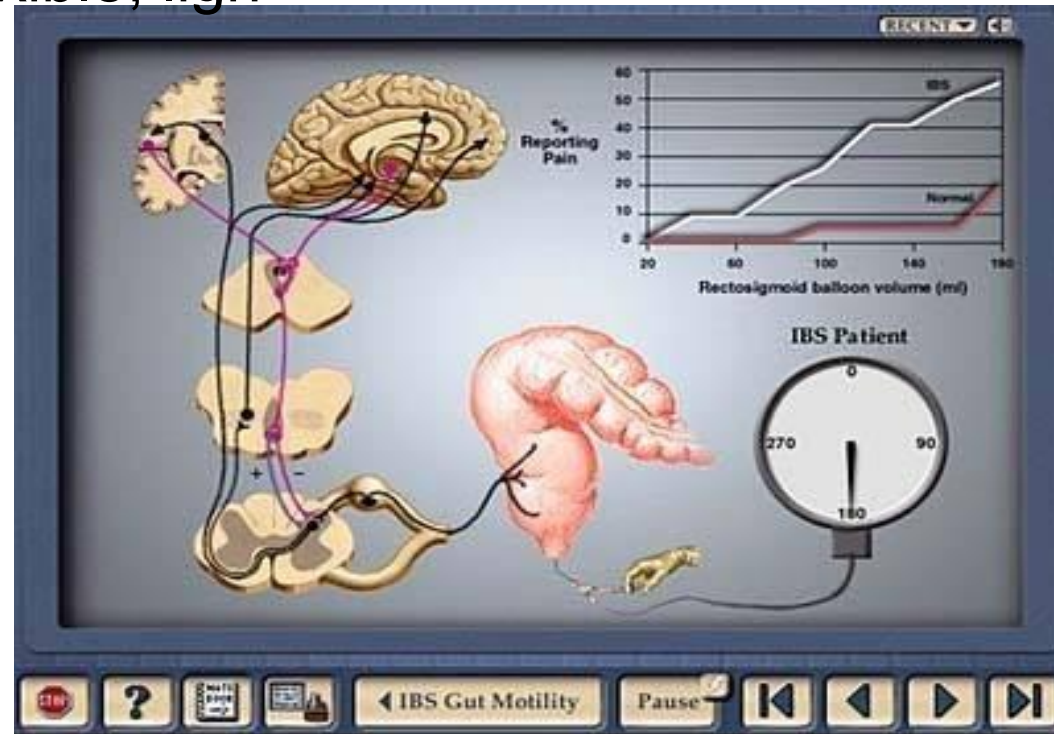
IBS diagnostic criteria



Additional tests

:-Flexible sigmoidoscopy- 1

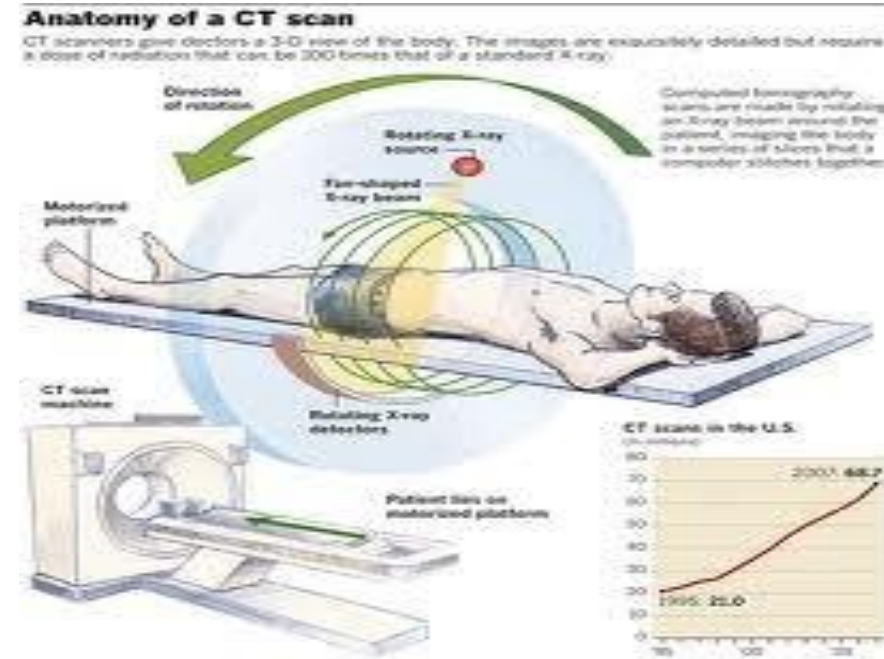
sigm the lower part of the colon (sigmoid) with
This test examined tube (sigmoidoscope
) a flexible, light



2- Computerized tomography (CT)

scan :-

CT scans produce cross-sectional X-ray images of internal organs



3- Colonoscopy

- In some cases, your doctor may perform this diagnostic test, in which a small, flexible tube is used to examine the entire length of the colon.



4- Lactose intolerance

tests:-

Lactase is an enzyme you need to digest the sugar -

- . found in dairy products

If you don't produce this enzyme, you may have -
problems including abdominal pain, gas and

- . diarrhea

,To find out if this is the cause of your symptoms-
your doctor may order a breath test

or ask you to exclude milk

- . and milk products from your

- . diet for several weeks





Normal Colon



Spastic Colon

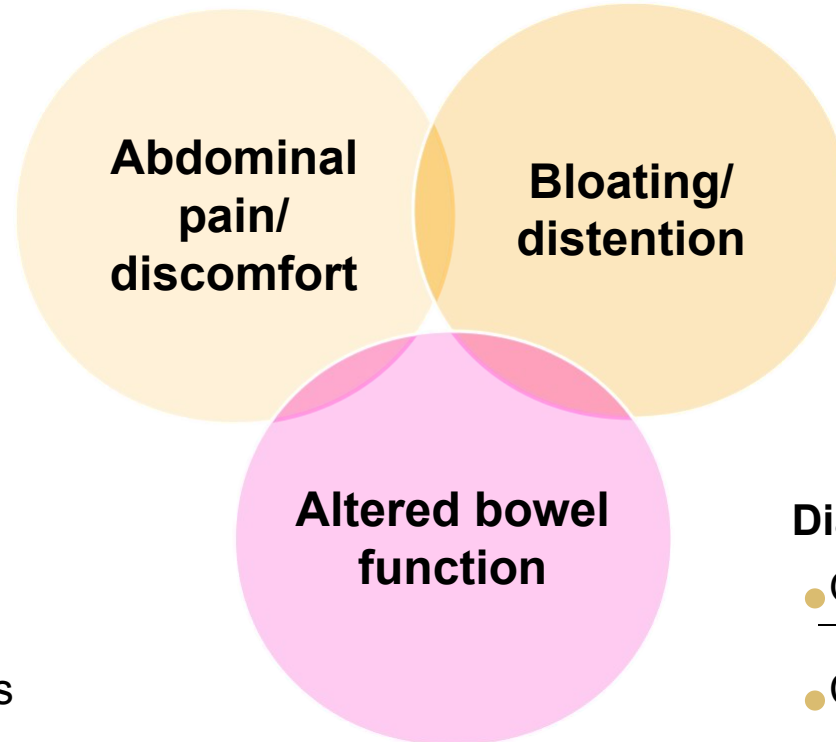
TREATMENT

- v PATIENT EDUCATION
- v DIETARY INTERVENTION
- v PHARMACOTHERAPY
- v PSYCHOTHERAPY/COGNITIVE AND
BEHAVIOR THERAPY
- v HYPNOTHERAPY

Drug Treatment of IBS

- Abdominal pain/discomfort**
- Antispasmodics
 - Antidepressants
 - TCAs/SSRIs

- Bloating and distention**
- Antiflatulents
 - Antispasmodics
 - Dietary modification



- Constipation**
- Fiber
 - Laxatives
 - PEG solutions

- Diarrhea**
- Opioids
 - Loperamide
 - Cholestyramine

None of these medications effectively treat the multiple symptoms of IBS. They may exacerbate individual symptoms (eg, fiber and antispasmodic, constipation).