Pattern of irritable bowel syndrome and its impact on quality of life in primary health care center attendees, Suez governorate, Egypt.

Abdulmajeed A, Rabab MA, Sliem HA, Hebatallah NE.

Source

Department of Family Medicine, Faculty of Medicine, Suez Canal University, Egypt.

Abstract

INTRODUCTION:

Irritable bowel syndrome (IBS) is one of the most common disorders diagnosed by gastroenterologists and a common cause of general practice visits. Although this disease is not life threatening, patients with IBS seem to be seriously affected in their everyday life. The study was designed to explore the pattern of IBS in clinical practice and the impact on the quality of life.

METHODS:

This is a case control descriptive study. 117 individuals were included in this study. Rome II criteria were used for the diagnosis of IBS. Impact of IBS on patient's quality of life was determined by irritable bowel syndrome quality of life (IBS-QOL) questionnaire.

RESULTS:

Prevalence of IBS among the study sample was 34.2%. 10% were IBS-Diarrhea, 37.5% were IBS-Constipation and 52.5% were alternators. There is statistical insignificant relationship between IBS (+) and age while it was a significant relation regarding gender (more common among women 80%). There is statistical significance relationship between IBS (+) on one hand and marital status and occupational status on the other hand. Patients with IBS
had statistically significant lower scores for all IBS- QOL domains compared with the control group.

**CONCLUSION:**

IBS is a prevalent disorder that affects females more than males and it has significant impacts on work, lifestyle and social well-being.

1- [Cardiol Young](#), 2011 Dec 2:1-7. [Epub ahead of print]