

Orel Nadiia, Holovnia Hanna, Liakh Alina
Kharkiv National Medical University
Department of Internal Medicine No.3 and Endocrinology
Kharkiv, Ukraine
Scientific advisor: Ass. Prof. Filonenko MV

FUNCTIONAL DISORDERS OF THE GASTROINTESTINAL TRACT AND THEIR PREVALENCE BETWEEN THE STUDENTS OF KNMU

Introduction: Functional gastrointestinal disorders – are the "problem of the third millennium." These diseases are found in an average of 30-70% of the world's population, with representatives of different ethnic and age categories, men and women.

Purpose of study: To investigate the prevalence of functional disorders such as: 1. Functional dyspepsia (FD); 2. Gastroesophageal reflux disease (GERD); 3. Irritable bowel syndrome (IBS) among the students of KNMU.

Materials and methods: 100 students of KNMU were interviewed using the questionnaire developed by us: male - 50 and female - 50. The average age of the respondents - 21.6 ± 1.5 years.

Results: According to the results of the questioning, symptoms of functional gastrointestinal tract disorders were found in 55 of 100 students. Signs of dyspepsia were found with the highest frequency - in 39 students. Among them, the symptoms of postprandial distress syndrome were noted by 18 people, and epigastric pain syndrome by 21 people. Symptoms of GERD were found in 8 people. Symptoms of IBS are noted by 8 people, with the more common variant of constipation - 7 people. The prevalence of functional gastrointestinal disorders among women was 68%, among men - 42%. In men, the prevalence of functional disorders was: dyspepsia 27%, IBS 10%, GERD 6%. In women: dyspepsia 36% IBS 22% GERD 10%. In half of the respondents (50%) the symptoms lasted more than 1 year at the time of the study, in 30% - up to 6 months, in 20% - up to 3 months.

Red Flag symptoms (non-motivated weight loss, fever or subfebrile illness, anemia, weighted heredity) occurred in 2 out of 100 students. They were advised to consult a gastroenterologist.

Conclusions: According to the results of the questionnaire, the symptoms of functional digestive system disorders were found in 55% of the 4 year students of KNMU. It was also found that symptoms of gastrointestinal functional disorders are more common to women than men, and symptoms of functional dyspepsia are more prevalent than GERD and IBS. Our questionnaire can be used as a screening method for early detection of gastrointestinal tract functional disorders. This will help to contact to a family doctor or gastroenterologist betimes for further examination, diagnosis and treatment.