

Mistakes in abdominal distension and how to avoid them

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Mistakes In Articles

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Abdominal distension and bloating are frequently misunderstood complaints in gastroenterology, and their conflation as interchangeable terms drives diagnostic errors and ineffective treatment.

KEY POINTS

- Distension and bloating are often incorrectly used as interchangeable terms, which is a conceptual mistake.
- According to Rome IV, bloating and distension may represent either a primary disorder of gut-brain interaction or occur as symptoms with other disorders of gut-brain interaction.
- Other disorders of gut-brain interaction that may present with bloating and distension include irritable bowel syndrome, functional dyspepsia, and functional constipation.

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