

ABDOMINAL PAIN IN THE GLOBAL ADULT POPULATION: PREVALENCE, DEMOGRAPHIC DISTRIBUTION AND ASSOCIATIONS WITH HEALTH STATUS, LIFE FUNCTIONING AND WELLBEING.

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Poster

Colorectal

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A global epidemiological study of 54,127 adults across 26 countries found that abdominal pain in the past 3 months was reported by 51.9% of respondents, with higher prevalence in women, younger individuals, and non-Asian regions, and was associated with reduced quality of life and increased healthcare utilization.

KEY POINTS

- Abdominal pain prevalence was 51.9% globally, higher in women than men (59.6% vs. 44.4%), and declined with age from 60.5% in 18-34 year-olds to 37.7% in those 65 and older.
- Regional prevalence ranged from 41.2% in Asia to 66.5% in Eastern Europe, with country-level prevalence ranging from 32.1% in Japan to 69.3% in Egypt.
- Individuals with abdominal pain were twice as likely to meet criteria for disorders of brain-gut interaction (54.2% vs. 25.0%) and more than twice as likely to report organic gastrointestinal disease history (9.8% vs. 4.2%), though 38.9% had neither.
- People with abdominal pain had significantly lower physical and mental quality of life scores, higher anxiety and depression scores, greater work and life activity impairment, and were more likely to have consulted a doctor about gastrointestinal problems compared to controls.
- This material is relevant to gastroenterologists, primary care physicians, and researchers interested in the population burden of abdominal pain as a symptom independent of diagnosed disorders.

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