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GI learning, personalised

Summary

DISORDERS OF THE GUT-BRAIN INTERACTION IN TYPE 1 AND TYPE 2 DIABETES: RESULTS FROM A COMMUNITY-BASED SURVEY

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A community-based survey of 210 diabetic patients in Belgium found that disorders of gut-brain interaction are common, with 41.0% reporting gastrointestinal symptoms and specific DGBI prevalences ranging from 0.5% for cyclic vomiting syndrome to 7.6% for functional dyspepsia.

KEY POINTS

- Among 210 diabetic patients (72.4% type 1 diabetes, mean age 44.6 years), 41.0% self-reported gastrointestinal symptoms.
- The prevalence of specific DGBI was: functional dyspepsia 7.6%, irritable bowel syndrome 6.7%, rumination syndrome 4.3%, functional dysphagia 2.4%, chronic nausea vomiting syndrome 1.4%, and cyclic vomiting syndrome 0.5%.
- No significant difference in overall DGBI prevalence was found between type 1 and type 2 diabetes, though type 1 patients most commonly had IBS (7.2%) while type 2 patients more commonly had functional dyspepsia (12.2%).
- Patients with type 2 diabetes were significantly older (mean 56.2 vs 40.1 years) and had higher BMI (29.2 vs 25.0 kg/m^2) than those with type 1.
- The study used the Rome IV Diagnostic Questionnaire and excluded patients with organic GI disease, those taking GLP-1 agonists, or with extensive abdominal surgery history.

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