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Summary

ROME V FUNCTIONAL DYSPEPSIA AND ITS SUBGROUPS: RESULTS FROM THE ROME V GLOBAL EPIDEMIOLOGY STUDY

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The Rome V epidemiological study of 30,000 respondents from 15 countries found functional dyspepsia prevalence of 8.5%, with postprandial distress syndrome (5.3%) being the largest subgroup and epigastric pain syndrome (3.1%) the smaller subgroup.

KEY POINTS

- Rome V FD prevalence was 8.5% (range 2.7-13%), with PDS at 5.3% and EPS at 3.1%, and no overlap between PDS and EPS subgroups.
- FD was more common in females (60%), particularly PDS (65%), while EPS showed less female predominance (52%); prevalence decreased with age (mean 44 years).
- In the EPS subgroup, 40% had postprandial epigastric pain or burning in the absence of PDS symptoms, challenging the traditional meal-unrelated characterization of EPS.
- FD-IBS overlap was 37%, higher in EPS (41%) than PDS (35%), with OR 1.28 (1.09-1.51).
- Compared to the general population without DGBI, FD subjects had higher anxiety (38% vs 10%) and depression (38% vs 11%), lower quality of life, and increased healthcare-seeking (18% vs 9.7% with doctor visits ≥1x/month) and medication intake (50% vs 22% taking medications ≥1 week).
- Rome V criteria eliminated overlap with chronic nausea and vomiting syndrome by first classifying patients with predominant nausea and recurrent vomiting as CNVS rather than FD.

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