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Summary

THE CLINICAL SYMPTOMS AND INTESTINAL FLORA OF TIBET PATIENTS DIFFERS FROM HAN WITH IBS

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A prospective study of 45 IBS patients (25 Tibetan, 20 Han) found ethnic differences in symptom profiles and gut microbiota composition, with Tibetans showing significantly higher bloating rates and distinct bacterial signatures.

KEY POINTS

- Tibetan IBS patients experienced significantly more bloating than Han patients (17.41% vs 9.09%, p<0.001), while pain-related symptoms showed no significant differences between groups
- At the phylum level, the Tibetan group had a significantly higher proportion of Bacteroidetes compared to the Han group (38.16% vs 17.28%, p=0.015), with 20 taxa differing significantly between groups
- A significant negative correlation was observed between genus Blautia and bloating scores (Pearson r = -0.33, p=0.025)
- The study used 16sRNA Illumina sequencing analysis of stool samples and a simplified GSRS-based questionnaire to assess IBS severity across five symptom dimensions
- This work addresses a research gap in understanding clinical features and intestinal flora characteristics of IBS in the Tibetan population

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