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GI learning, personalised

Summary

SYMPTOMS COMPATIBLE WITH DISORDERS OF GUT-BRAIN INTERACTION (DGBI) IN PATIENTS WITH SELF-REPORTED ORGANIC GASTROINTESTINAL DISEASES AND DIABETES MELLITUS

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Adults with self-reported organic gastrointestinal diseases show substantially higher prevalence of symptoms compatible with disorders of gut-brain interaction compared to the general population, including in anatomically unexpected regions.

KEY POINTS

- In a global internet survey of 54,127 adults across 26 countries, 63.4% of those with any organic GI disease had DGBI-compatible symptoms versus 43.0% in the reference group, yielding an odds ratio of 2.76.
- The association was strongest for organic GI diseases (OR 2.76) compared to diabetes mellitus (OR 1.26, prevalence 48.5% vs 43.0%).
- Symptoms compatible with IBS and functional dyspepsia were most commonly seen across all studied organic GI diseases, with IBD showing the highest odds ratio for IBS symptoms (OR 5.66).
- Strong associations were observed both in expected anatomical regions (e.g., IBD with bowel DGBI, GERD with esophageal DGBI) and in unexpected regions (e.g., IBD with esophageal DGBI, GERD with anorectal DGBI).
- The findings may inform treatment strategies by highlighting the importance of recognizing concomitant DGBI in patients diagnosed with organic gastrointestinal diseases.

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