

Irritable Bowel Syndrome

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IRRITABLE BOWEL SYNDROME (IBS)

Functional gastrointestinal disorders are extremely common and are defined by the absence of structural pathology. Irritable bowel syndrome (IBS) is a functional bowel disorder in which abdominal pain is associated with defecation or a change in bowel habit.

OBJECTIVES

Study of medical students suffering from irritable bowel syndrome

To know that IBS is a common functional disease of the GIT

METHODS

we have written and distributed a questionnaire containing the most symptom of the disease and the problems causing it and presented to more than 140 medical students

we used statistical tables and percentages to extract results



RESULTS

TABLE FOR ABDOMINAL DISORDES

Questions	Abdominal pain	Constipation	Diarrhea	indigestion	Distention	Total	percentage
Yes	47	8	27	19	21	122	18.4%
No	90	80	69	68	67	374	56.4%
Sometimes	0	43	37	42	44	166	25.2%
Total	137	131	133	129	132	622	100%

In this table within this study we found that 18% of people with chronic gastrointestinal disorders

On other hand 25 % suffer intermittently from digestive disorders

While healthy people exceed 56%

TABLE FOR PSYCHOLOGICAL DISORDERS

Question	stress	anxiety	tension	total	percentage
Yes	68	63	45	122	28.9 %
No	21	77	35	133	31.5 %
Sometimes	48		60	166	39.5 %
total	137	140	140	421	100 %

This table shows the psychological disorders with a group of people included them to the study

we found though this study , the proportion of people with psychological disorder up for nearly 29 %

this result explains the high societal proportion of gastrointestinal disorders this proves the link strong between psychological condition and increase digestive system disorders

TABLE FOR SPORTS AND EXERCISE

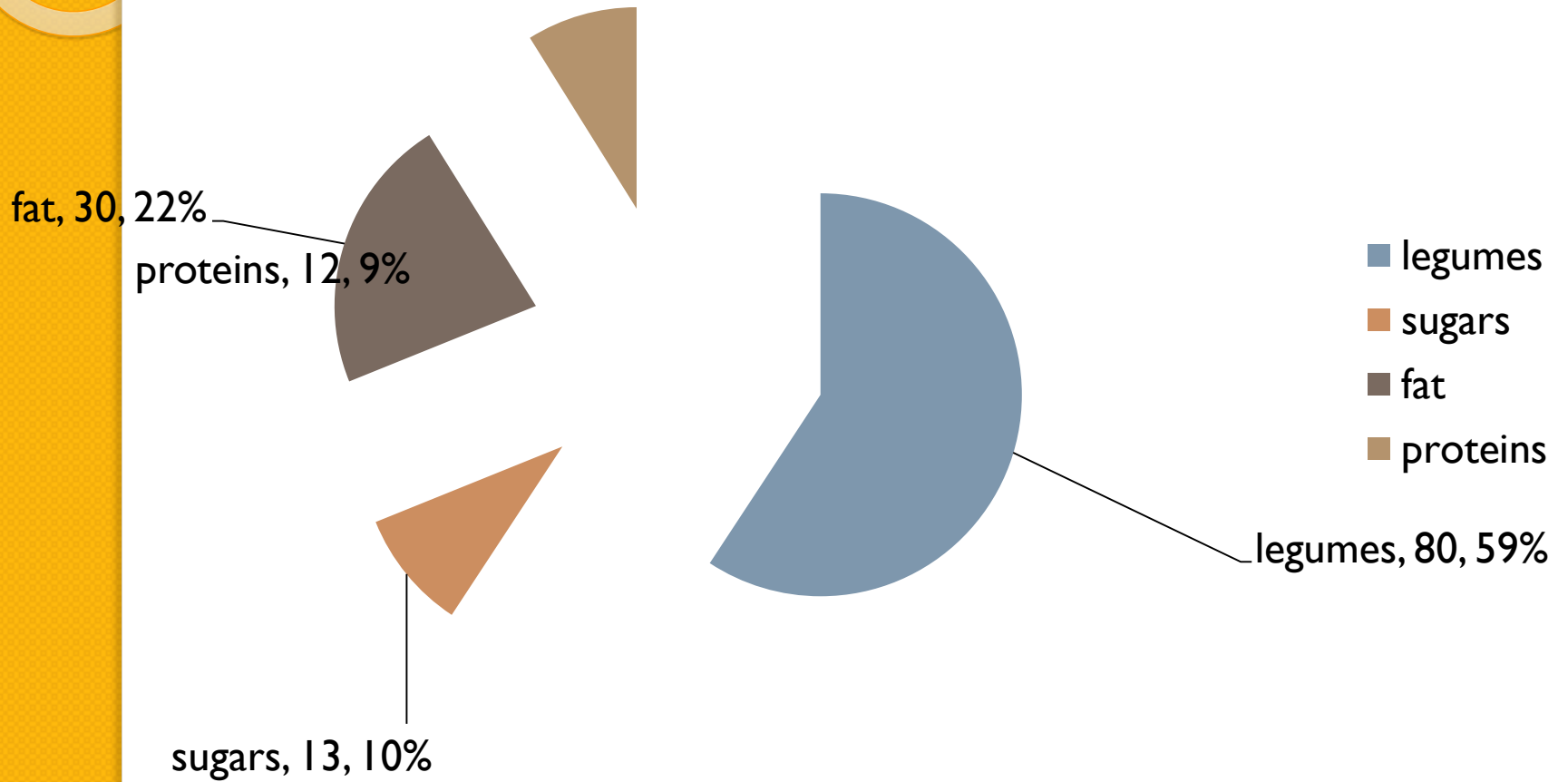
Question	Other sports	walking	total	Percentage
Yes	73	95	168	60.8 %
No	28	17	45	16.3 %
Sometimes	38	25	63	22.8 %
total	139	137	276	100 %

This table shows the exercise daily within a sample of people who included them to the study

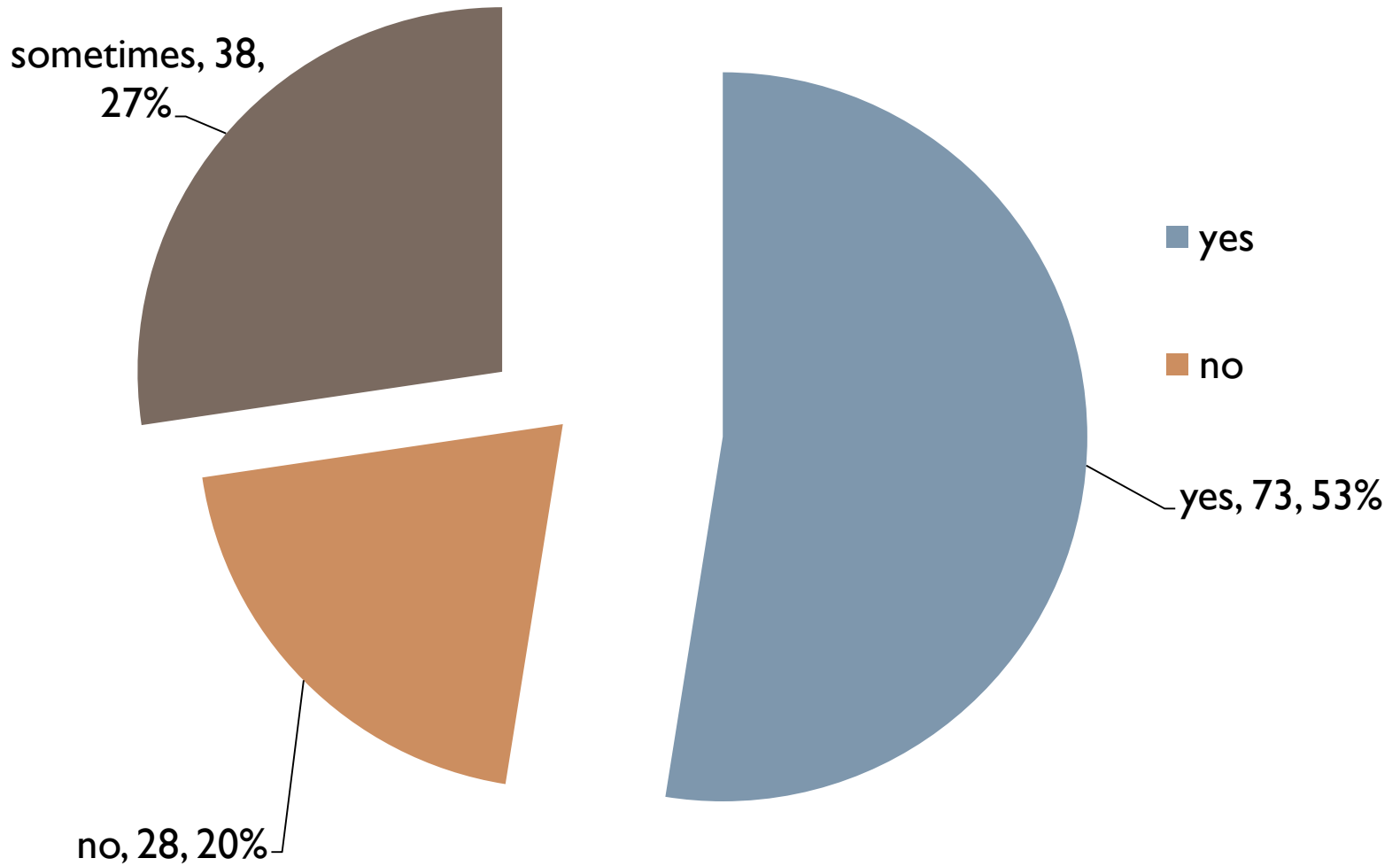
**We found the proportion of those who exercise more than 60 %
By comparing the table of gastrointestinal disorders the percentage
of those who exercise is very close to that of healthy people**

**While the percentage of people who do not exercise any type of sports exceed 16 %
In comparing this results whit the table of gastrointestinal disorders ,
the proportion of people who do not exercise is almost identical to that of people with
chronic gastrointestinal disorders**

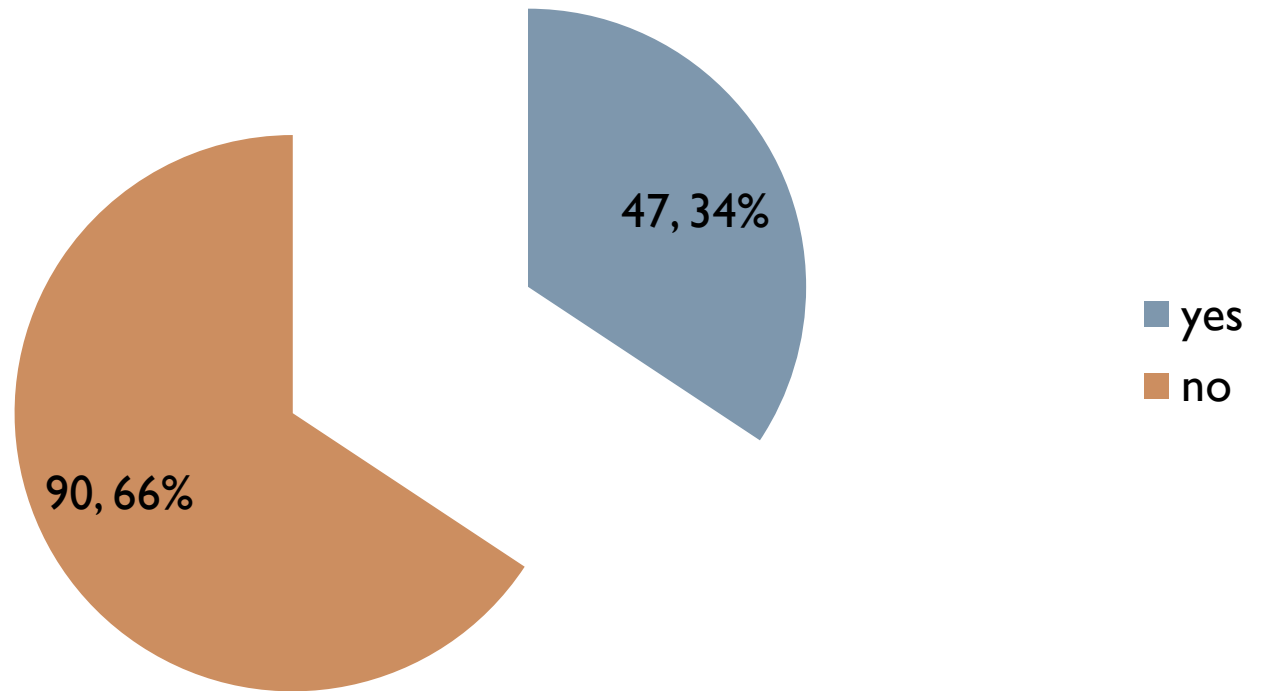
Irritation with food



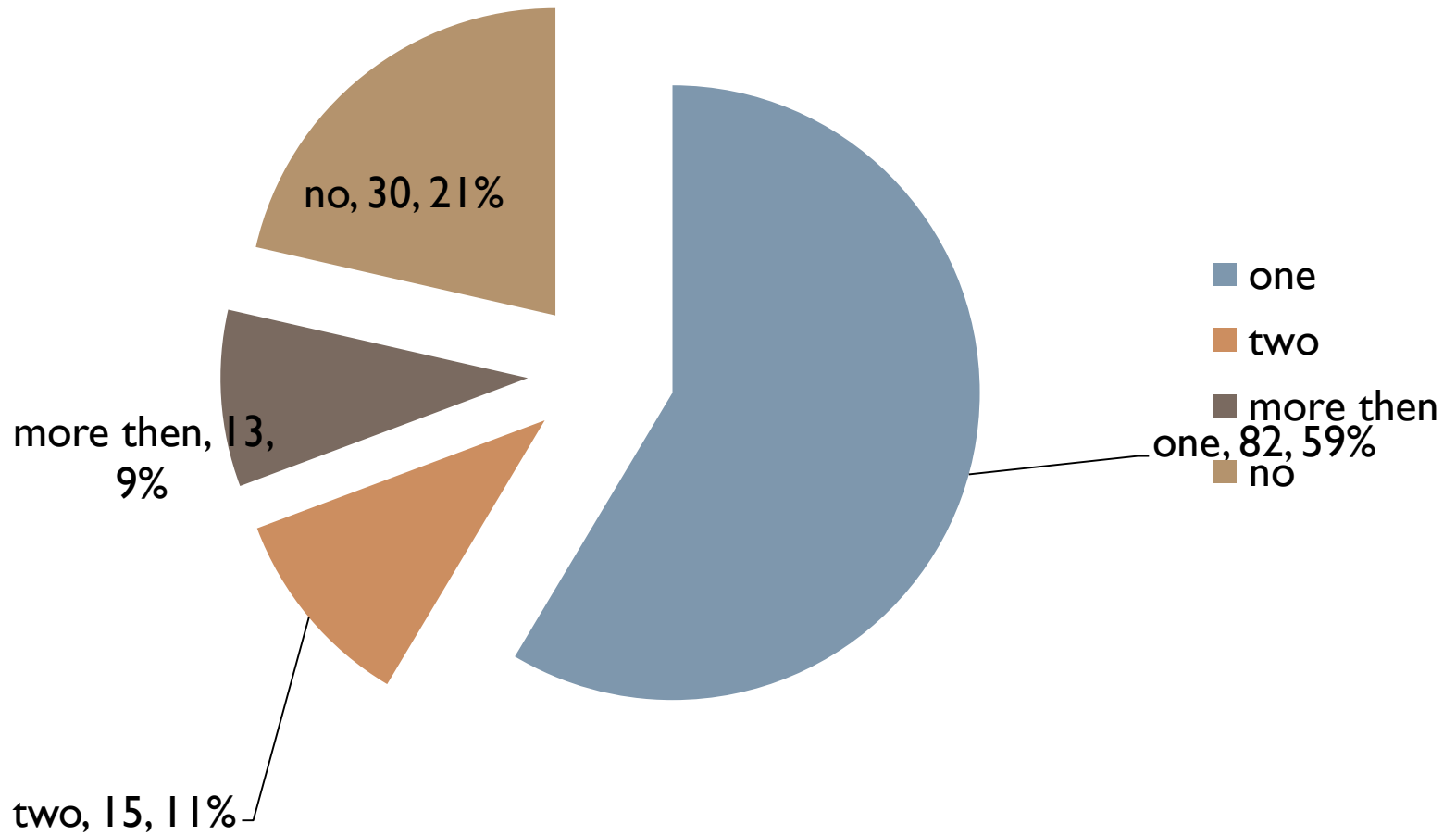
sport



Abdominal pain



Drink coffee



Conclusion

At the end of this study, the prevalence of Irritable Bowel Disease and Gastrointestinal Disorders, which are often attributed to the contemporary lifestyle. We found that the main causes of disorders of the digestive system are as a result of mental disorders, whether they: anxiety, tension, depression; .psychological pressure

The second most important cause of these disorders is the diet. We found that legumes, fats and starches are a key factor in colon irritation, bowel disorder, lack of movement and lack of exercise, and the genetic factor plays an important role in the .development of the disease

The study indicated that the percentage of digestive disorders is high in both sexes and is strongly associated with psychological, .nutritional, motor, behavioral and genetic factors
When the causative factors of the digestive system increase, this means that they are more .likely to occur

When the causal factors decrease, this means that the phenomenon of the spread of the disease will decrease in society



THANK YOU