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## Clinical response in Mexican patients with IBS treated with low food map diet

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**Background:** A low flatulogenic diet is thought to decrease the colon fermentation and improves gas related symptoms in patients with irritable bowel syndrome (IBS).

**Aims:** Evaluate clinical response in population with IBS treated with low FODMAPs diet.

**Methods:** The effect of low FODMAPs diet was evaluated in patients with the diagnosis of IBS based on Rome III criteria during a treatment period of 21 days evaluating clinical response of abdominal pain, bloating and flatulence by a Visual Analogue Scale. The stool form was evaluated with the Bristol Scale. Also the global satisfaction was obtained. The results were analyzed by averages, 95% CI and T Student.

**Results:** 31 patients were included, 87% females. The mean age was 46.48 years. The IBS subtypes distribution was: constipation 64.5%, diarrhoea 22.6% and mixed 12.9%. The average score for abdominal pain before diet was 6.0 (95% CI 5.04-6.96), for abdominal bloating 7.10 (95% CI 6.13-8.06) and for flatulence 5.94 (95% CI 4.79-7.08). The average score for abdominal pain after diet was 2.77 (95% CI 1.60-3.95) ( $p < 0.001$ ), for bloating 4.19 (95% CI 2.95-5.44) ( $p < 0.001$ ) and for flatulence 3.06 (95% CI 1.99-4.14) ( $p < 0.001$ ). For stool form the Bristol Scale before diet was 3.68 (95% CI 3.14-4.22) and after diet 4.10 (95% CI 3.66-4.54) ( $p = 0.1$ ). The patient satisfaction was 70.9%.

**Conclusions:** The more prevalent IBS subtype was IBS-C. There was significant improvement in the 3 evaluated symptoms; however we don't find stool form improvement.

**Conclusions:** Laparoscopic multiorgan resections of colon and rectum cancer are effective in terms of oncological radicality. The volume of blood loss and length of postoperative period was significantly lower in the laparoscopic group than in traditional surgery group.

### Biography

Medicine graduated from La Salle University, Mexico City. Graduated of gastroenterology from Hospital Espanol, Mexico City. Gastroenterologist certified by the Mexican Council of Gastroenterology. Member of the Mexican Association of Gastroenterology. Graduated of Gastrointestinal Motility from Hospital Español, Mexico City. Co-author of six books. Author and co-author of several papers related to the specialty. Head of the department of Gastroenterology Hospital Ángeles, Mexico City. Head of the laboratory of motility and clinic of functional gastrointestinal disorders Hospital Juárez, Mexico City. Head of the graduate school of Gastrointestinal Motility UNAM (National Autonomus University of Mexico).

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