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Anais

BRAZILIAN PREVALENCE OF IRRITABLE BOWEL SYNDROME: A POPULATION-BASED STUDY

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Introduction: there is no population-based surveys conducted in South America to estimate the prevalence and the sex distribution of IBS. Objective: To estimate the prevalence of irritable bowel syndrome (IBS) on Brazilian population. Methods: Population-based cross-sectional survey sampled by two steps. First: phone numbers were randomly chosen in houses that were sampled through a simple probabilistic method among 223 cities, encompassing 83.5 million inhabitants, sampling approximately 51% of the Brazilian population. In the second step, phone calls were done and the attendant person asked about all housemates with ages between 16 and 65 years (y). Among them, a second simple probabilistic sampling was done to choose the person to be interviewed. Interviews were conducted by trained researchers using a standardized questionnaire. A modification of the ROME II modulate questionnaire was used to define IBS for the purpose of this study. Results: 1510 persons were interviewed, with a mean age of 37.6y (SD13.8y). The prevalence of IBS in the entire sample was 16.1 %. In males, the prevalence was 10.1%, and in females 19.9%. The prevalence do not varied by age (17.2% in subjects 16-40y and 14.9% in subjects 41-65y, P=0.23). Conclusions: This first population-based survey conducted in South America estimates the prevalence and the sex distribution of IBS in Brazil is the same as seen in the Western developed countries. These results suggest that infectious diarrhea (ID), a very high incidence condition in our country, could not be a trigger factor for IBS, as suggested by some authors, mainly from developed, low incidence countries for ID. This is an attractive hypothesis that deserves be explored by further studies.