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СЕКЦІЯ 22 АКТУАЛЬНІ ПИТАННЯ КЛІНІЧНОЇ ІМУНОЛОГІЇ, АЛЕРГОЛОГІЇ ТА ЕНДОКРИНОЛОГІЇ

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GUAR GUM IN THE TREATMENT OF IRRITABLE BOWEL SYNDROME WITH CONSTIPATION IN OVERWEIGHT PATIENTS

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Irritable bowel syndrome (IBS) represents the most frequent disorder of the gastrointestinal tract. This syndrome is characterized by recurrent episodes of abdominal pain and discomfort, as well as functional alterations of the bowel not underlined by structural or biochemical modifications.

As many as 20% of the adult population has symptoms of IBS. The severity of symptoms is associated with an increase in body mass index.

Up to 65% of patients affected by IBS associate their symptoms with some particular food, which may elicit an “abnormal” response.

Reports on dietary interventions for the management of IBS support the use of soluble fibers (compared with insoluble ones) in the relief of IBS symptoms.

The aim of the study was to improve the effectiveness of the treatment for irritated bowel syndrome in patients with metabolic syndrome.

A comprehensive examination of 43 patients with MS was performed. 20 patients received standard treatment: antihypertensive drugs (ACE inhibitors - enalapril 10 - 20 mg / day), antiplatelet agents (acetylsalicylic acid 75 - 100 mg / day), statins (atorvastatin - 10 - 20 mg / day), patients with type 2 diabetes received biguanides (metformin at average daily dose of 1000 - 2000 mg / day) and formed comparative group. The main group consisted of 23 people who received partially hydrolyzed guar gum 400 mg/day in the morning with a glass of water during 2 months against the background of basic therapy.

Patients were enrolled if they had abdominal pain or discomfort ≥ 3 times/month in the 3 months before enrolment in the study, associated with variations in the frequency of evacuations and/or alteration in stool consistency and form.

At baseline, all patients filled a standardized questionnaire to assess the severity of IBS symptoms according to Rome III criteria as follows: the presence of abdominal pain, bloating, and discomfort, the sensation of incomplete evacuation all measured with a visual analogue scale (VAS) ranging from 0 to 100 mm; the number of evacuations during the day; the use of laxatives or enemas (yes/no).

The obtained results were evaluated before the beginning of treatment and immediately after the treatment.

As a result of the treatment, there was a significant reduction in complaints of bloating by 54,9% ($p < 0,05$), discomfort by 2,3 times ($p < 0,05$) and the feeling of incomplete bowel movement by 66,7% ($p < 0,05$). The intensity of complaints of abdominal pain did not change statistically significantly. No significant changes were found in the results of the evaluation of patients' complaints using a visual-analog scale on the background of only basic treatment.

The number of defecations during the day in the main group doubled ($p < 0,05$). The use of laxatives or enemas decreased by 3,0 times ($p < 0,05$).

The use of partially hydrolyzed guar gum helps to increase the volume, reduce the density of fecal masses, strengthen the motor-evacuation function of the large intestine, thereby reducing the symptoms of irritable bowel syndrome.