

BÖLÜM 69

FONKSİYONEL BARSAK HASTALIKLARI

Seçkin ÖZGÜL¹

İrfan SOYKAN²

Fonksiyonel Barsak Hastalıkları; organik bir bozukluk bulunmaksızın abdominal ağrı, karında şişkinlik/gerginlik veya barsak alışkanlığındaki değişiklikler (diyare, kabızlık) ile seyreden kronik gastrointestinal bozukluklar ailesinin bir parçasıdır. Ülkeler arasında prevelansı farklılık göstermesine rağmen fonksiyonel gastrointestinal bozukluklar spektrumunun en sık görülen formudur. İlk olarak 1989 yılında tanımlanmış olup sonraki yıllarda toplanan Roma I, II, III konsensüs raporlarında tanı kriterleri belirlenmiştir ve nihayet 2016 yılında hazırlanan Roma IV uzlaşım raporunda son şeklini almıştır. Günümüzde patofizyolojisinin belirginleşmesiyle artık bu hastalıklara “barsak-beyin etkileşim bozuklukları” da denilmektedir.

Semptomların kronik olarak seyretmesi (>6 ay), hala süregelmesi (>3 ay), tanınal testlerde organik bir neden (anatomik veya fizyolojik) saptanmamasıyla diğer hastalıklardan ayırt edilebilmektedir. Fonksiyonel barsak hastalıkları klinik gidişatlarına göre toplam 6

ana başlıkta incelenmektedir ve **Tablo 1**’de alt tipleri belirtilmiştir.

Fonksiyonel barsak hastalıkları alt tipleri arasında geçişler (overlap) olabilir. Birbirlerinden baskın semptom durumlarına göre ayrılırlar. Her semptom için farklı tanı ve tedavi yöntemleri bulunmaktadır.

Tablo 1. Fonksiyonel Barsak Hastalıkları alt tipleri

İrritabl Barsak Sendromu (İBS)	Konstipasyon baskın tip (İBS-K) Diyare baskın tip (İBS-D) Karışık tip (İBS-M) Sınıflandırılmayan tip (İBS-U)
Fonksiyonel Konstipasyon	
Fonksiyonel Diyare	
Fonksiyonel Abdominal Şişkinlik/Gerginlik	
Non-spesifik Fonksiyonel Barsak Bozukluğu	
Opioid ilişkili Konstipasyon	

¹ Uzm. Dr., Gazi Üniversitesi Tıp Fakültesi Gastroenteroloji BD., Arş. Gör., seçkin_ozgul@hotmail.com

² Prof. Dr., Ankara Üniversitesi Tıp Fakültesi Gastroenteroloji BD., irfan.soykan@medicine.aankara.edu.tr

KAYNAKLAR

- Brian E. Lacy, Fermín Mearin, Lin Chang, William D. Chey, Anthony J. Lembo, Magnus Simren, Robin Spiller, Bowel Disorders, Gastroenterology, Volume 150, Issue 6, 2016, Pages 1393-1407.e5, ISSN 0016-5085
- Tarjina Begum, Anup K Das functional bowel disorders. IAIM, 2014; 1(2): 34-43.
- Schmulson MJ, Drossman DA. What Is New in Rome IV. J Neurogastroenterol Motil. 2017 Apr 30;23(2):151-163. doi: 10.5056/jnm16214. PMID: 28274109; PMCID: PMC5383110
- Hungin AP, Whorwell PJ, Tack J, et al. The prevalence, patterns and impact of irritable bowel syndrome: an international survey of 40.000 subjects. Aliment Pharmacol Ther 2003;17:643-50.
- Lovell RM, Ford AC. Global prevalence of and risk factors for irritable bowel syndrome: a meta-analysis. Clin Gastroenterol Hepatol 2012;10:712-21.
- Talley NJ, Zinsmeister AR, Van Dyke C, et al. Epidemiology of colonic symptoms and irritable bowel syndrome. Gastroenterology 1991;101:927-34.
- Thompson WG, Irvine EJ, Pare P, et al. Functional gastrointestinal disorders in Canada: first population-based survey using Rome II criteria with suggestions for improving the questionnaire. Dig Dis Sci 2002;47:225-35.
- Gwee KA, Wee S, Wong ML, et al. The prevalence, symptom characteristics, and impact of irritable bowel syndrome in an Asian urban community. Am J Gastroenterol 2004;99:924-31.
- Brandt LJ, Chey WD, et al. An evidence-based position statement on the management of irritable bowel syndrome. American Collage of Gastroenterology task force on irritable bowel syndrome. Am J Gastroenterol 2009;104(Suppl 1):S1-S5.
- Houghton LA, Heitkemper M, Crowell MD, et al. Age, gender, and women's health and the patient. Gastroenterology 2016;150:1332-43
- El-Serag HB, Olden K, Bjorkman D. Health-related quality of life among persons with irritable bowel syndrome: a systematic review. Aliment Pharmacol Ther 2002;16:1171-85
- El-Serag HB, Olden K, Bjorkman D. Health-related quality of life among persons with irritable bowel syndrome: a systematic review. Aliment Pharmacol Ther 2002;16:1171-85
- Häuser W, Leyer P, Henningsen P, Kruis W. Functional bowel disorders in adults. Dtsch Arztebl Int. 2012 Feb;109(5):83-94. doi: 10.3238/arztebl.2012.0083. Epub 2012 Feb 3. PMID: 22368721; PMCID: PMC3285279.
- Camilleri M., Lasch K., and Zhou W. Irritable bowel syndrome: methods, mechanisms, and pathophysiology. The confluence of increased permeability, inflammation, and pain in irritable bowel syndrome. Am J Physiol Gastrointest Liver Physiol 2012; 303: G775-G785.
- Blewett A., Allison M., Calcraft B., et al. Psychiatric disorder and outcome in irritable bowel syndrome. Psychosomatics 1996; 37: 155-60.
- Drossman D.A.: Do psychosocial factors define symptom severity and patient status in irritable bowel syndrome? Am J Med 1999; 107: 41S-50S.
- Shepherd SJ, Lomer MC, Gibson PR. Short-chain carbohydrates and functional gastrointestinal disorders. Am J Gastroenterol 2013;108:707-17.
- Borowiec AM, Fedorak RN. The role of probiotics in management of irritable bowel syndrome. Curr Gastroenterol Rep 2007;9:393-400.
- Biesiekierski J.R., Newnham E.D., Irving P.M., et al. Gluten causes gastrointestinal symptoms in subjects without celiac disease: a double-blind randomized placebo-controlled trial. Am J Gastroenterol 2011; 106: 508-14.
- Ford AC, Quigley EMM, Lacy BE, et al. Efficacy of prebiotics, probiotics, and synbiotics in irritable bowel syndrome and chronic idiopathic constipation: systematic review and meta-analysis. Am J Gastroenterol 2014; 109:1547-6
- Chapman R.W., Stanghellini V., Geraint M., et al. Randomized clinical trial: macrogol/PEG 3350 plus electrolytes for treatment of patients with constipation associated with irritable bowel syndrome. Am J Gastroenterol 2013; 108: 1508-15.
- Chang L., Lembo A., and Sultan S. American Gastroenterological Association Institute Technical Review on the pharmacological management of irritable bowel syndrome. Gastroenterology 2014; 147: 1149-72.
- Chang L., Lembo A., and Sultan S. American Gastroenterological Association Institute Technical Review on the pharmacological management of irritable bowel syndrome. Gastroenterology 2014; 147: 1149-72.
- Rao S., Lembo A.J., Shiff S.J., et al: A 12-week, randomized, controlled trial with a 4-week randomized withdrawal period to evaluate the efficacy and safety of linaclotide in irritable bowel syndrome with constipation. Am J Gastroenterol 2012; 107: 1714-24.
- Lavo B., Stenstam M., Nielsen A.L., et al. Loperamide in treatment of irritable bowel syndrome—a double-blind placebo controlled study. Scand J Gastroenterol Suppl 1987; 130: 77-80.
- Ford A.C., Moayyedi P., Lacy B.E., et al. American College of Gastroenterology monograph on the management of irritable bowel syndrome and chronic idiopathic constipation. Am J Gastroenterol 2014; 109: S2- S26.
- Chey W.D., Lembo A.J., Lavins B.J., et al. Linaclotide for irritable bowel syndrome with constipation: a 26-week, randomized, double-blind, placebo-controlled trial to evaluate efficacy and safety. Am J Gastroenterol 2012; 107: 1702-12.
- Garsed K, Chernova J, Hastings M, et al. A randomized trial of ondansetron for the treatment of irritable bowel syndrome with diarrhoea. Gut 2014;63:1617-1625.



29. Pimentel M, Lembo A, Chey WD, et al. Rifaximin therapy for patients with irritable bowel syndrome without constipation. *N Engl J Med* 2011;364:22–32.
30. Drossman D.A.: Do psychosocial factors define symptom severity and patient status in irritable bowel syndrome? *Am J Med* 1999; 107: 41S-50SBattaglia G, Morselli-Labate AM, Camarri E, et al. Otilonium bromide in irritable bowel syndrome: a double-blind, placebo-controlled, 15-week study. *Aliment Pharmacol Ther* 1998;12:1003-10.
31. Clave P, Acalovschi M, Triantafyllidis JK, et al. Randomised clinical trial: otilonium bromide improves frequency of abdominal pain, severity of distention and time to relapse in patients with irritable bowel syndrome. *Aliment Pharmacol Ther* 2011;34:432-42.
32. Wade PR, Palmer JM, McKenney S, et al. Modulation of gastrointestinal function by MuDelta, a mixed micro opioid receptor agonist/ micro opioid receptor antagonist. *Br J Pharmacol* 2012;167:1111–25.
33. Ladabaum U, Sharabidze A, Levin TR, et al. Citalopram provides little or no benefit in nondepressed patients with irritable bowel syndrome. *Clin Gastroenterol and Hepatol* 2010;8:42-8
34. Ford AC, Quigley EM, Lacy BE, et al. Effect of antidepressants and psychological therapies, including hypnotherapy, in irritable bowel syndrome: systematic review and meta-analysis. *Am J Gastroenterol* 2014; 109:1350–65.
35. Choung RS, Locke GR, Schleck CD, et al. Cumulative incidence of chronic constipation: a population-based study 1988_2003. *Aliment Pharmacol Ther* 2007;26:1521–1588.
36. Kocaay P, Egritas O, Dalgic B. Normal defecation pattern, frequency of constipation and factors related to constipation in Turkish children 0-6 years old. *Turk J Gastroenterol* 2011;22:369–75.
37. Chan MF, Chan YL. Investigating factors associated with functional constipation of primary school children in Hong Kong. *J Clin Nurs* 2010;19:3390–400.
38. Moayyedi P, Quigley EM, Lacy BE, et al. The effect of fiber supplementation on irritable bowel syndrome: a systematic review and meta-analysis. *Am J Gastroenterol* 2014;109:1367–74.
39. Suares NC, Ford AC. Prevalence of, and risk factors for, chronic idiopathic constipation in the community: systematic review and meta-analysis. *Am J Gastroenterology* 2011;106:1582–91.
40. Frexinos J, Staumont G, Fioramonti J, et al. Effects of sennosides on colonic myoelectrical activity in man. *Dig Dis Sci* 1989;34:214–9.
41. Barish CF, Drossman D, Johanson JF, et al. Efficacy and safety of lubiprostone in patients with chronic constipation. *Dig Dis Sci* 2010;55:1090–7.
42. Porter CK, Gormley R, Tribble DR, et al. The Incidence and gastrointestinal infectious risk of functional gastrointestinal disorders in a healthy US adult population. *Am J Gastroenterol* 2011;106:130–8.
43. Roshandel D, Rezailashkajani M, Shafaei S, et al. Symptom patterns and relative distribution of functional bowel disorders in 1,023 gastroenterology patients in Iran. *Int J Colorectal Dis* 2006;21:814–25.
44. Bazzocchi G, Ellis J, Villanueva-Meyer J, et al. Effect of eating on colonic motility and transit in patients with functional diarrhea. Simultaneous scintigraphic and manometric evaluations. *Gastroenterology* 1991; 101:1298–306.
45. Dukas L, Willett WC, Giovannucci EL. Association between physical activity, fiber intake, and other lifestyle variables and constipation in a study of women. *Am J Gastroenterology* 2003;98:1790–6.
46. Liu JH, Chen GH, Yeh HZ, et al. Enteric-coated peppermint-oil capsules in the treatment of irritable bowel syndrome: a prospective, randomized trial. *J Gastroenterol* 1997;32:765–8.
47. Drossman DA, Toner BB, Whitehead WE, et al. Cognitive-behavioral therapy versus education and desipramine versus placebo for moderate to severe functional bowel disorders. *Gastroenterology* 2003;125:19–31.
48. Tack J, Broekaert D, Fischler B, et al. A controlled crossover study of the selective serotonin reuptake inhibitor citalopram in irritable bowel syndrome. *Gut* 2006;55:1095–103.
49. Kalso E, Edwards JE, Moore RA, et al. Opioids in chronic non-cancer pain: systematic review of efficacy and safety. *Pain* 2004;112:372–380. 196.Sykes NP. The relationship between opioid use and laxative use in terminally ill cancer patients. *Palliat Med* 1998;12:375–382.
50. Sykes NP. The relationship between opioid use and laxative use in terminally ill cancer patients. *Palliat Med* 1998;12:375–382.
51. Camilleri M. Opioid-induced constipation: challenges and therapeutic opportunities. *Am J Gastroenterol* 2011; 106:835–842
52. Caraceni A, Hanks G, Kaasa S, et al. Use of opioid analgesics in the treatment of cancer pain: evidence-based recommendations from the EAPC. *Lancet Oncol* 2012;13:e58–e68.
53. Chey W, Webster L, Sostek M, et al. Naloxegol for opioid-induced constipation in patients with non-cancer pain. *N Engl J Med* 2014;370:2387–2396.