



“Associations of widespread pain sensitivity, comorbid chronic pain and psychological distress with Irritable Bowel Syndrome and abdominal pain”

Irritabel tarm syndrom og økt smertefølsomhet

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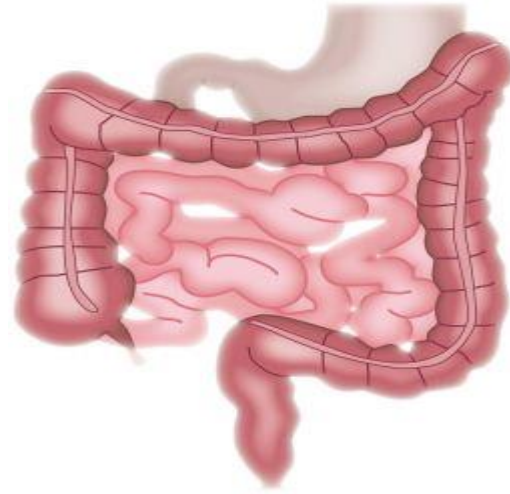


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Irritabel tarm syndrom / Irritable Bowel Syndrome (IBS)



Ledsages av tarmsymptomer
som diaré eller forstoppelse



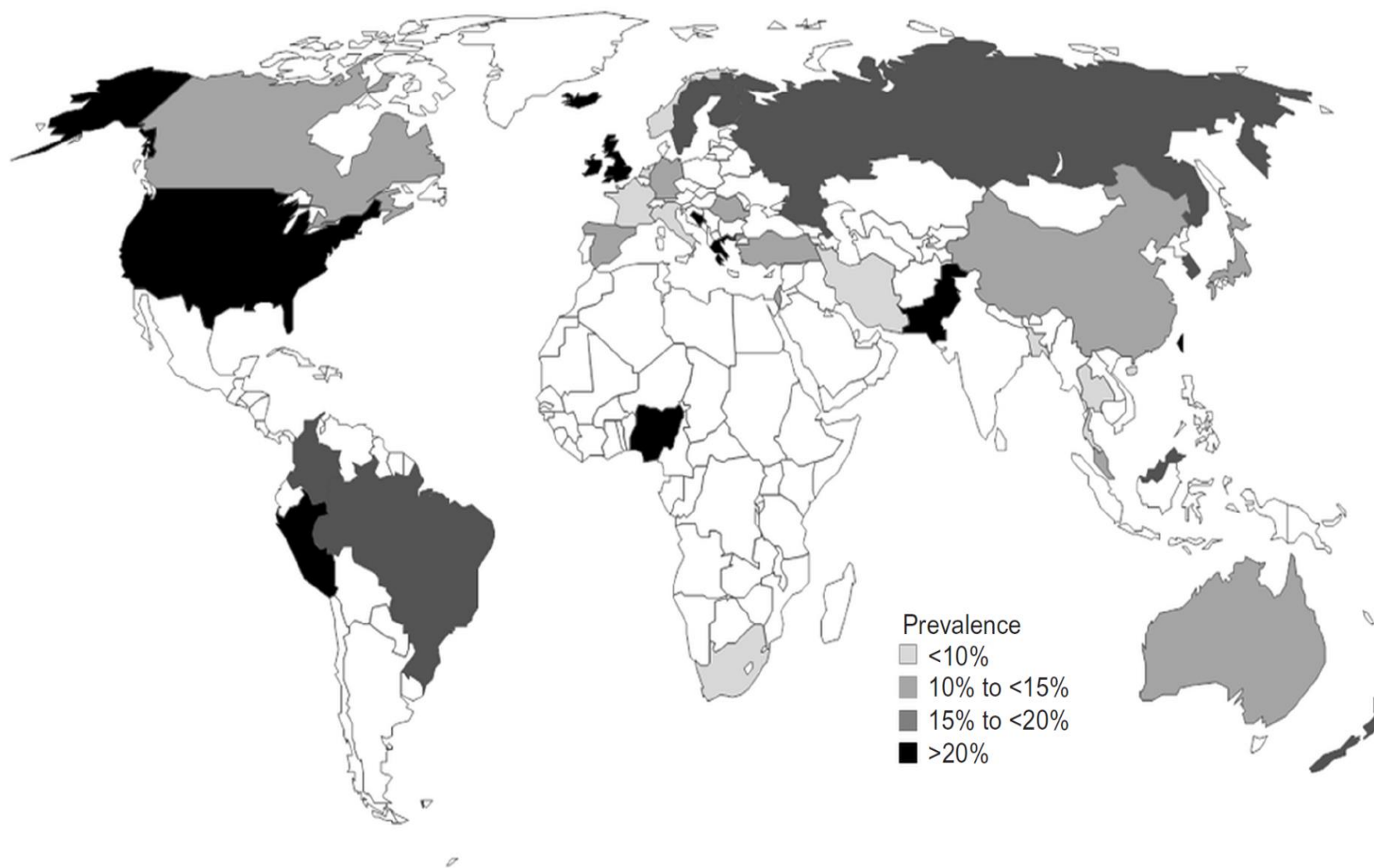


Figure 1 Worldwide prevalence of irritable bowel syndrome, as reported by country.

Pain from distension of the pelvic colon by inflating a balloon in the irritable colon syndrome¹

JAMES RITCHIE²

From the Nuffield Department of Clinical Medicine, The Radcliffe Infirmary, Oxford, and the Nuffield Institute for Medical Research, Oxford

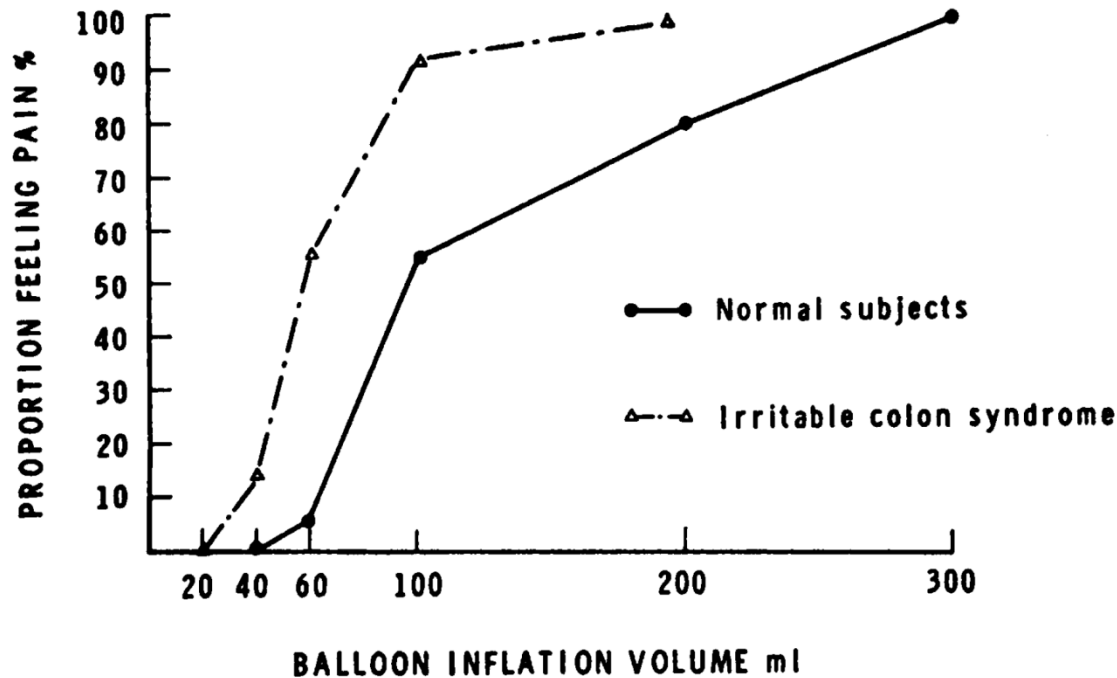
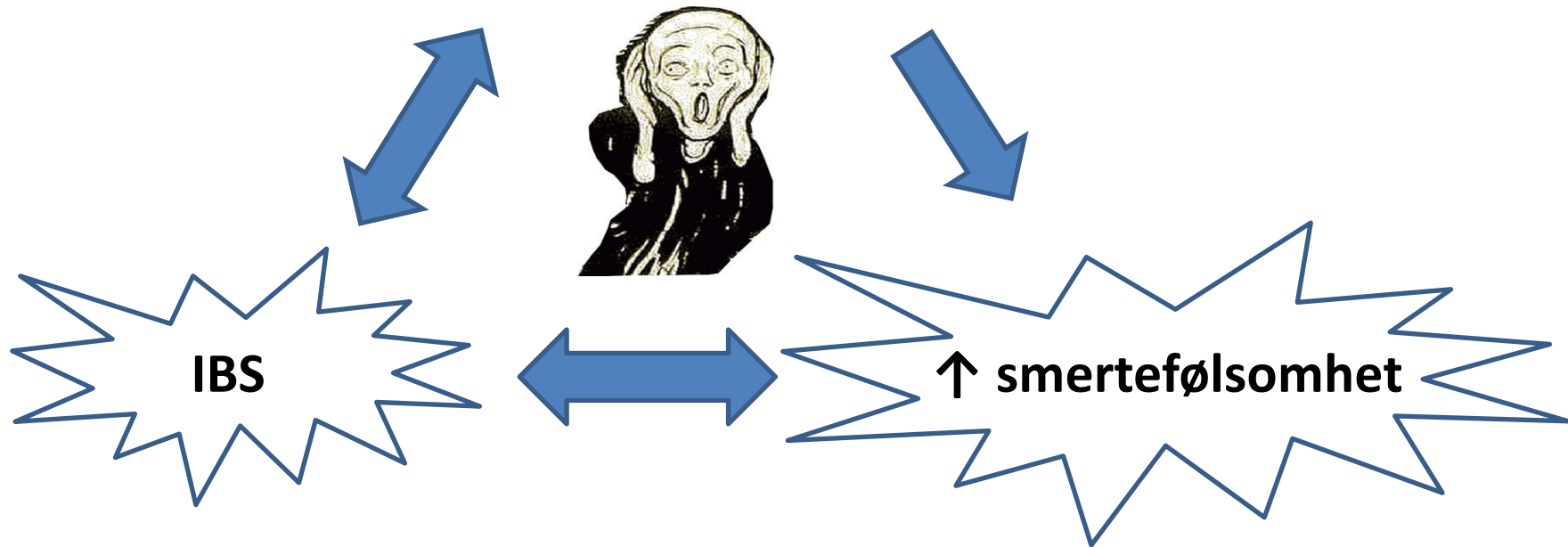


Fig. 2 *Onset of pain at different volumes of balloon inflation.*

Forskningsspørsmål

Komorbid kronisk smerte
Komorbid angst/depresjon



Metode

- **Studiepopulasjon**

Tromsøundersøkelsen

- 2007/08 : 12982 voksne (30-87 år, 53 % kvinner)
- 2010/11 : 961 skoleungdom (15-17 år, 49 % jenter)

- **Studiedata**

Spørreskjema

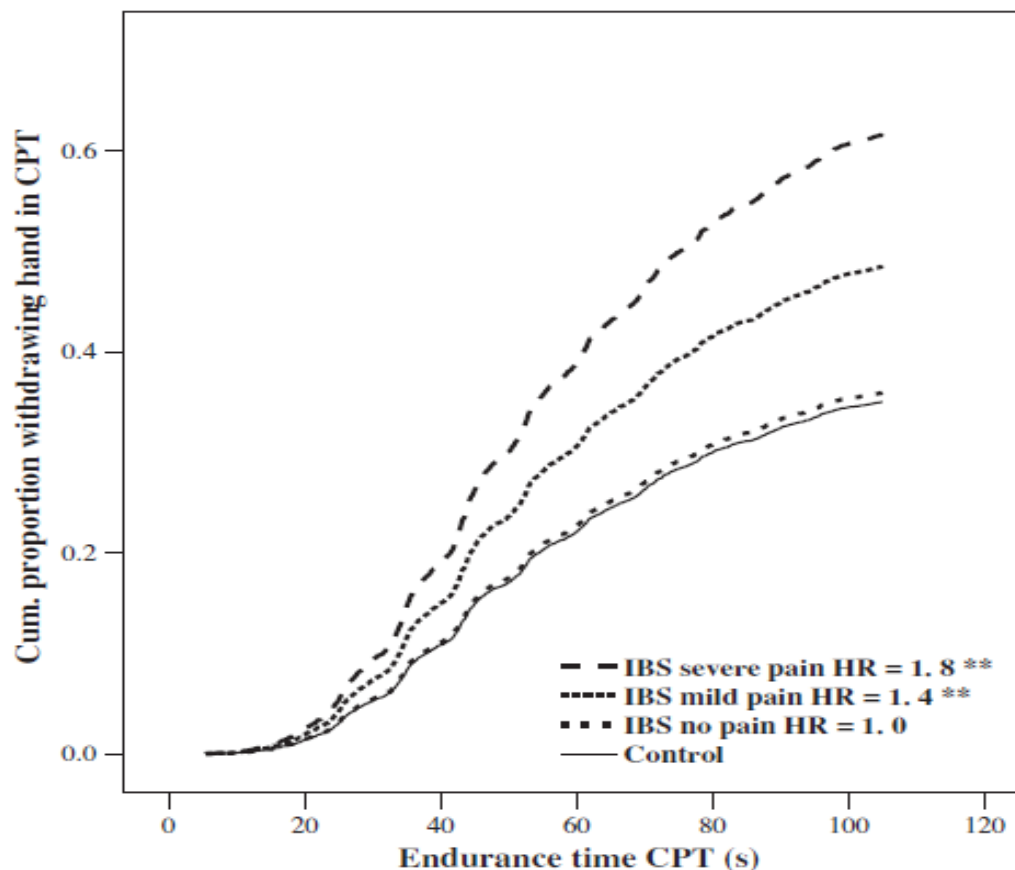
- Demografiske opplysninger
- Helserelaterte opplysninger
 - Aktuelle somatiske og psykiske symptomer

Målinger av smertefølsomhet



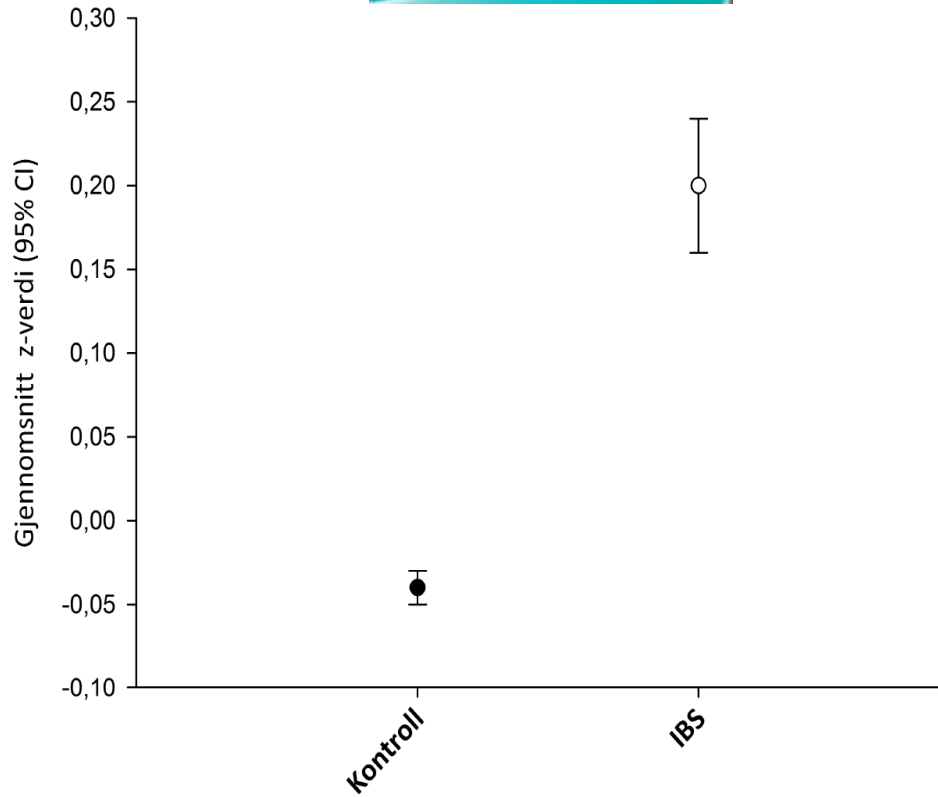
Increased pain sensitivity among adults reporting irritable bowel syndrome symptoms in a large population-based study

Niklas Stabell ^{a,b,*}, Audun Stubhaug ^{c,d}, Trond Flægstad ^{a,b}, Christopher Sivert Nielsen ^e



IBS n = 597 (5.3 %)
Kontroller n = 10764

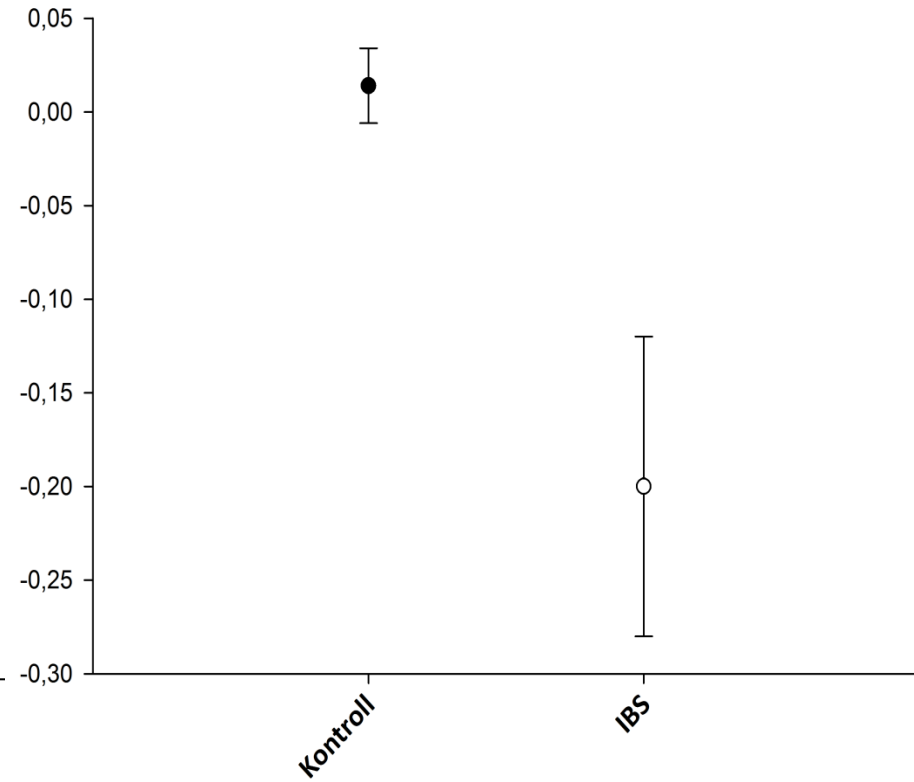
Fig. 1. Cumulative proportion withdrawing hand during the cold-pressor test (CPT). Results for irritable bowel syndrome (IBS) subgroups vs control subjects. Cox regression, adjusted for sex and age. ** $P < .01$. HR = hazard ratio.



Kuldebad smerte intensitet

n = 9280

p < 0,01 IBS vs. kontroller



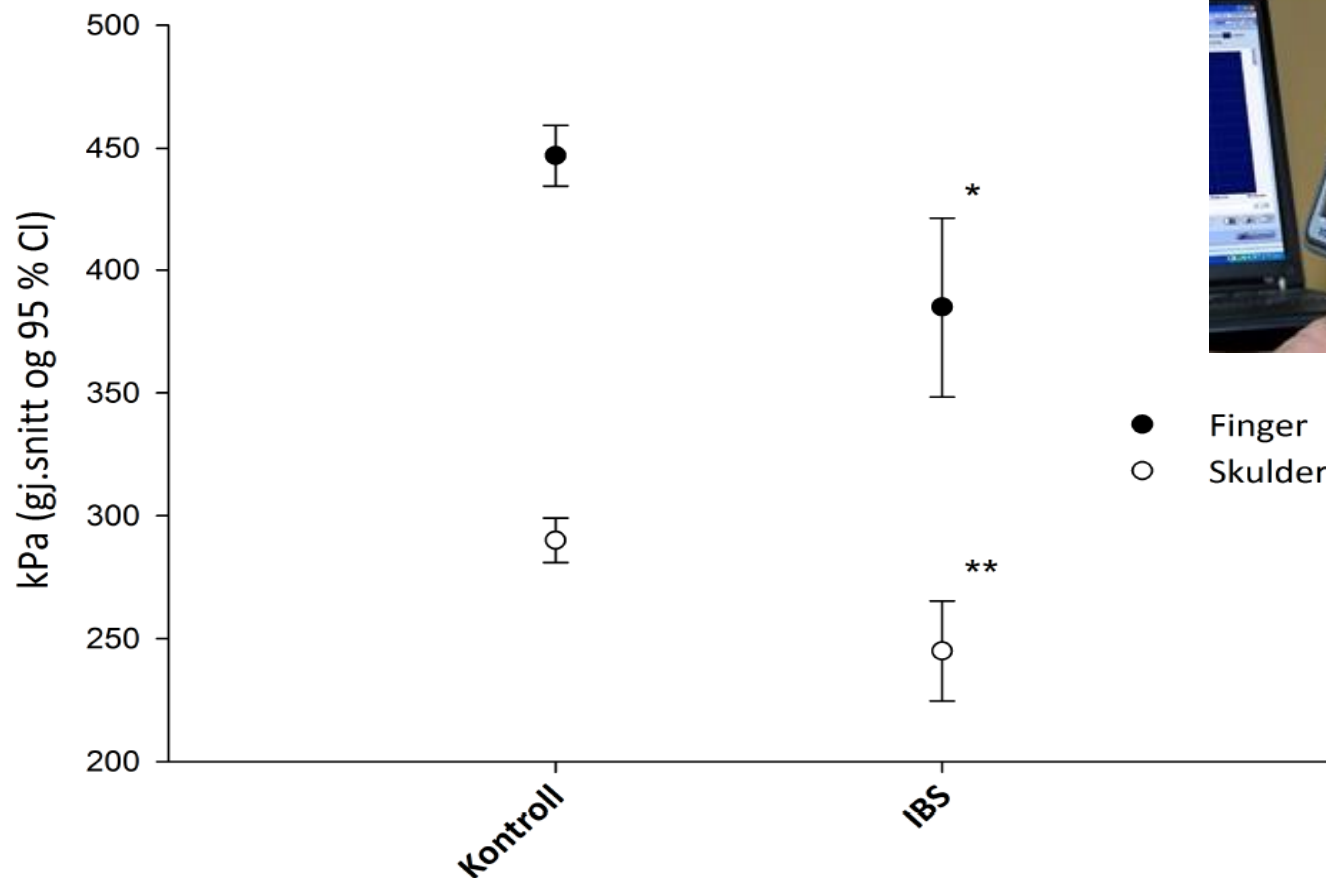
Smerteterskel varme

n = 3507

p < 0,05 IBS vs. kontroller

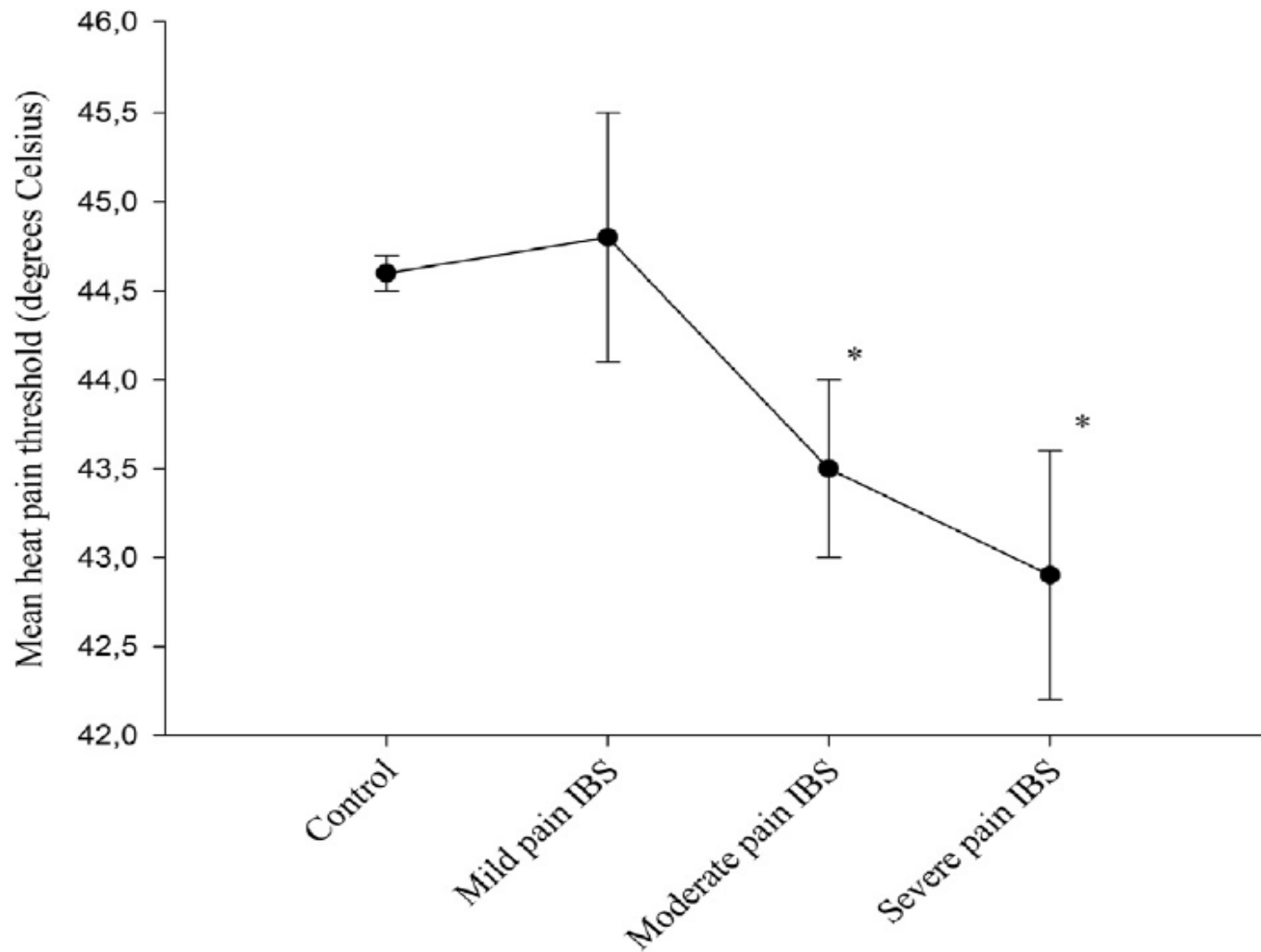
Original Reports

Widespread Hyperalgesia in Adolescents With Symptoms of Irritable Bowel Syndrome: Results From a Large Population-Based Study



● Finger
○ Skulder

Kontroller = 861 og IBS = 77 (8,2 %)



* $p < 0.05$ in pairwise comparisons of IBS pain subgroups vs. control, adjusted for sex, non-abdominal chronic pain and psychological distress.

Sammendrag og konklusjon

- Sammenheng mellom:
 - *IBS symptomer og økt smertefølsomhet*
 - i et stort representativt befolkningsutvalg med ungdom og voksne
 - uavhengig av kjønn, alder, komorbid smerte, angst og depresjon
 - smertefølsomheten øker med grad av magesmerter
- Utbredt økt følsomhet for smerte
 - Støtter teorier om sentrale smerte sensitiviserings mekanismer ved IBS
 - uavhengig av komorbid angst, depresjon og andre smerter