Screening of Coeliac disease in undetected adults and patients diagnose with irritable bowel syndrome in Riyadh, Saudi Arabia

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Objective: To determine the prevalence and implication of coeliac disease (CD) among adult Saudis and compared to those with diagnosed irritable bowel syndrome.

Subjects and methods: This prospective study was conducted among 980 adults from September 2010 to September 2011. 482 adults were randomly selected as a control from aged between 20 and 59 from students and employees in two Riyadh Colleges of Health Sciences. Another 498 cases are randomly selected group diagnosed with irritable bowel syndrome from Al-Iman Hospital at Riyadh, Saudi Arabia. Both cases and control were tested for serological markers of coeliac disease (tissues transglutaminase (tTGAs) and endomysial autoantibody (EMAs) and was confirmed by histopathology test. All the positive for cases of coeliac disease were screened for iron deficiency anaemia, Vitamin D deficiency, and osteoporosis and weight assessment.

Results: The percentage of coeliac disease in control subjects and patients diagnosed with irritable bowel syndrome (IBS) were found to be 1.9% and 9.6% respectively, about 38% of the total coeliac disease patients are among females in middle age (20 – 39- years) and 16% of the males on the same age range. Whereas, 20% and 25% of all coeliac disease cases with ages of 40 -59 were remarked in females and males respectively.

Conclusion: The identical nature and overlap of symptoms of the two conditions could possibly result in misdiagnosis of coeliac diseases or over-diagnosis of irritable bowel syndrome. The findings of the study might also give considerable in implications of the disease in nutritional level which also noticeable.

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