GENDER DIFFERENCE IN IBS
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Irritable bowel syndrome (IBS) is one of the most common GI problems. It comes from a functional disorder of intestinal motility and the cause of it is still unknown. This paper will explain and discuss about gender differences in epidemiology, symptoms, physiology, psychosociology and responses to treatment of IBS. IBS is not an exclusive disease for women; also many of men may be troubled by it. In Western countries, women appear more likely than men to have IBS. Paradoxically, in many Eastern countries, it appears that men with IBS are four times more likely than women go to consult doctors. The observation is explained by less frequent reporting of distension (bloating), incomplete evacuation, and mucus by males. Distension is much more common in women generally. In one study, subjects with and without IBS experienced changes in abdominal pain, bloating, and stool consistency through the menstrual cycle. Bloating was significantly greater in certain menstrual phases than others and the effect is exaggerated in IBS subjects. No comparable hormonal effects have been demonstrated in men. It is well known that among IBS patients referred to gastroenterologists, depression, anxiety, panic attacks, and life stress are more common than in other diseases. There is reason to suspect that treatment responses in men may be different from those in women. With better understanding of the diagnosis, gender differences, and meaning of IBS symptoms, we may better design therapy of IBS in men and women.