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Abstract Preview - Step 3/4

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Topic: 8. Gastroenterology / Liver Disease

Title: **Prevalence of Gastrointestinal Symptoms in Pancreatic Insufficient Adults with Cystic Fibrosis: A UK Cohort Study**Author(s): L. Caley¹, H. White², A. Jaudszus³, J. Mainz³, D. Peckham¹Institute(s): ¹University of Leeds, School of Medicine, Leeds, United Kingdom, ²Leeds Beckett University, Nutrition and Dietetics, Leeds, United Kingdom, ³University of Jena, Thuringia, GermanyText: **Objectives:**
Gastrointestinal (GI) symptoms are common in patients with Cystic Fibrosis (CF) and can impact on quality of life. In this study we assess the frequency of GI symptoms in a large cohort of adults attending the Leeds regional CF centre.**Methods:**
Pancreatic insufficient (PI) adults with CF were recruited as part of an ongoing UK multicentre cohort study (Igloo-CF Study). Lung transplantation was an exclusion criterion. GI symptoms were assessed with the validated CF Abd-Score© (v4.0) during a period of clinical stability. Preliminary data are presented.**Results:**
A total of 74 adults were assessed of which 61% were male (mean age 36±9.7yrs). The majority of participants had at least one F508del mutation (n=68, 92%). Median FEV1pp was 51.5 (range: 20-99). The mean BMI was 24±3.8kg/m2. Abdominal pain was present in >60% of individuals with only 27% reporting no bloating and 30% experienced these symptoms frequently to always. Almost one in four reported flatulence almost always/always. Half the participants described reflux and over half heartburn. Constipation was reported as occasional in 27% and 7% almost always/always with 15% reporting type 1 stools. Symptoms indicative of steatorrhea were common, with >70% and >80% of participants experiencing some degree of fatty and foul smelling stool respectively. 41% reported type 6/7 stools. GI symptoms caused some degree of embarrassment, frustration/restlessness/irritability and fatigue in half of study participants. It also impacted on physical activity in >40% of people.**Conclusion:**
Structured assessment of GI symptoms is helpful in identifying GI symptomatology. GI symptoms are very common, bothersome and impact significantly on emotional and physical wellbeing. Symptoms of steatorrhea prevail, despite good nutritional status.
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