

IRRITABLE BOWEL SYNDROME: HIGH PREVALENCE OF MIGRAINE CHARACTERIZES THE SUBGROUP OF PATIENTS WITH MEAL-INDUCED ABDOMINAL DISTENTION

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Background and Aim: Migraine is a frequent symptom in patients suffering from functional gastrointestinal disorders. We have already shown that in patients with severe postprandial abdominal distention this bothersome symptom occurs in a strict temporal association with a pathologic reduction of recto-sigmoid tone and with the physiologic meal-related gastric accommodation reflex. Since this latter reflex is under nitraergic control, we analyzed the prevalence of migraine in the group of patients with IBS and severe post-prandial abdominal distention in comparison with the subgroup of patients with IBS without post-prandial abdominal distention.

Patients and Methods: One hundred and twenty-four IBS patients (84 F, mean age 31±6 yrs) diagnosed according to ROME III criteria, were enrolled. In 44 patients a constipated IBS was present, in 66 a diarrhoic IBS and in 14 a mixed IBS. In all, an accurate definition of the presence of migraine without aura was analyzed, according to ICHD-III beta version criteria.

•Results: Among the 124 enrolled patients, 60 suffered from severe postprandial abdominal distention. In 48 (80%) of them, a diagnosis of migraine without aura was made. In the subgroup of 64 patients without severe postprandial abdominal distention, only 6 (9%) patients had migraine ($p < 0.001$, Chi square test). The prevalence of migraine was not different among the three subgroup of IBS.

Conclusions: In IBS patients and severe postprandial abdominal distention, a very high prevalence of migraine without aura is present. Further studies are needed to clarify whether a pathologic, diffuse activation of the nitraergic pathway is responsible for these alterations.

References: Soares RL, Moreira-Filho PF, Maneschy CP, Breijao JF, Schmidte NM. The prevalence and clinical characteristics of primary headache in irritable bowel syndrome: a sugroup of the functional somatic syndromes. *Arg. Gastroemterol.* 2013; 50(4): 281-4