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### Combination of irritable bowel syndrome with fibromyalgia and the effect of irritable bowel syndrome treatment on both

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#### Abstract

Few data are available to evaluate health-related quality of life of people with irritable bowel syndrome (IBS) and fewer data are available for anxiety and depression status in this patients. Additionally we now know that fibromyalgia and IBS is different expressions of same process. 114 patients with IBS according to Rome IV criteria included the study. All patients has given 40 mg otilonium bromide-80 mg simeticone combination drug in one tablet 3 times a day on meal time. Qol questionnaire (QoL), beck anxiety index (BAI), Hamilton depression index (HDI) and Fibromiyalgiya symptom severity index (FMSS) applied before the treatment and after the treatment on follow-up at 3rd month. 64 patients of 114 showed complete recovery for both ibs and fibromyalgia after treatment (%56.14). In the symptomatic treatment of Irritable Bowel Disease co-existent with fibromyalgia, a major treatment alternative since being scientifically proven for their effectiveness for many years, Otilonium Bromide and Simethicone's single tablet feature improves patient compliance of IBS patients and leads to improve the quality of life of IBS patients.

**Keywords:** Irritable bowel syndrome, fibromyalgia, otilonium bromide, simeticone

#### Introduction

Few data are available to evaluate health-related quality of life of people with irritable bowel syndrome (IBS) and fewer data are available for anxiety and depression status in this patients. Additionally we now know that fibromyalgia and IBS is different expressions of same process. With this study our aim was to evaluate the fibromyalgia relation of patients with irritable bowel syndrome and the effect of otilonium bromide- simeticone combination product on healing both.

#### Patients and Methods

114 patients with IBS according to Rome IV criteria included the study. All patients has given 40 mg otilonium bromide-80 mg simeticone combination drug (Simflat®(Abdi İbrahim Pharmaceuticals, İstanbul/Turkey)) in one tablet 3 times a day on meal time. Qol questionnaire(QoL), beck anxiety index (BAI), Hamilton depression index (HDI) and Fibromiyalgiya symptom severity index(FMSS) applied before the treatment and after the treatment on follow-up at 3rd month.

#### Results

The results showed very high scores of anxiety and depression and very poor results for QoL in the patients with IBS. After the treatment BAI and HDI showed statistically significant improvement ( $p < 0.05$ ) for all groups. BAI 6.98/3.11 and HDI 9.28/1.36 before and after treatment. Qol improved 48.87 to 77.77 ( $p < 0.05$ ) and FMSS decreased 4.11 from 7.98 after treatment ( $p < 0.05$ ). 64 patients of 114 showed complete recovery for both ibs and fibromyalgia after treatment (%56.14).

#### Discussion

It is observed high prevalence of psychiatric disorders in patients with IBS . The published literature indicates that fewer than half of individuals with IBS seek treatment for it. Of those who do, 50% to 90% have psychiatric disorders, including panic disorder, generalized anxiety

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disorder, social phobia, posttraumatic stress disorder, and major depression, while those who do not seek treatment tend to be psychologically normal. Additionally, similar with our study literature shows a major combination of IBS and fibromyalgia. Irritable bowel syndrome (IBS) is a functional intestinal disorder characterized by chronic pain or discomfort in the abdomen associated with altered bowel habits <sup>[1]</sup>. Patients with IBS often have at least one co-morbid somatic complaint and many IBS patients meet diagnostic criteria for other functional disorders <sup>[1, 3, 4]</sup>. Interestingly, patients with IBS and another functional disorder, in comparison with patients with only IBS, have more severe IBS symptoms, a higher rate of psychological comorbidity such as depression, anxiety and somatization, greater impairment of quality of life, and more illness-related work absenteeism <sup>[1, 5]</sup>. In particular, there is a significant association between IBS and fibromyalgia syndrome (FMS) <sup>[1, 6, 7]</sup>. FMS is chronic non-articular rheumatism where a reproducible physical finding, the presence of tender points, is associated with characteristic symptoms of generalized muscular aches and pains <sup>[1, 8]</sup>. It has been demonstrated that the association of IBS and FMS depends on the level of severity scored by the functional bowel disorder severity index (FBDSI) more than on the predominant symptom of the intestinal disorder <sup>[1, 9, 10]</sup>. In this respect, the FBDSI is sensitive enough to distinguish among the different groups, manifesting a logical sequence of illness severity with incremental worsening, from healthy controls through IBS non-patients, to patients with mild IBS only that never showed FMS, and, finally more severe IBS patients with concomitant FMS <sup>[1, 9, 10]</sup>.

On the other hand, when evaluated in respect to biotechnologic window, this combination product with its unique approach as distinct from other drugs, has brought patient compliance into the forefront in chronic gas and dyspepsy affiliated with IBS which has problematic diagnose and treatment issues. This is why, it has been brought two different molecules which are used widespread but separately into a single tablet formulation: Otilonium Bromide with its spasmolytic, pain transmission reducing and antisecretory effects and Simethicone with its reducing effects on pain caused by excessive gas.

Otilonium Bromide, which is in solid form and Simethicone which is in liquid form, are combined with the bilayer tablet technology by and presented to physicians in a single tablet as an innovative product.

In the symptomatic treatment of Irritable Bowel Disease, a major treatment alternative since being scientifically proven for their effectiveness for many years, Otilonium Bromide and Simethicone's single tablet feature improves patient compliance of IBS patients and leads to improve the quality of life of IBS patients.

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