



Quality of Life in the Students with Regular & Irregular Bowel Habit

Puchkova N.S., Shemerovskii K. A.

St. Petersburg Medico-Social University

VII Всероссийская научно-практическая конференция с международным участием
Зимняя школа воспалительных заболеваний кишечника
27 февраля 2024 года

формат: очный с онлайн трансляцией
место проведения: Санкт-Петербург,
отель «Введенский», Большой проспект П.С., д.37
<https://ogig.mediator.cloud/2024-02-27>

Logos on the poster include:
- Федеральное государственное учреждение науки «Федеральный научный центр гастроэнтерологии и гастроэнтерологии» Северо-Западного федерального округа
- Санкт-Петербургский государственный медицинский университет имени академика И.П. Павлова
- НИИЦ каловректологии имени А.Н. Рыжих
- ВЗК
- Ассоциация колопроктологов России
- Комитет по здравоохранению Ленинградской области

The purpose of this research was:

to compare the **Quality of Life**

in individuals with a **Regular Bowel rhythm**

(**Euenteria** = 7 bm/week)

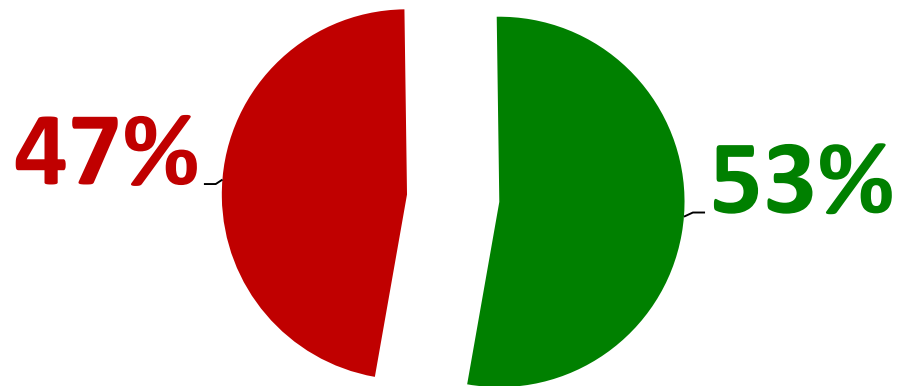
and patients with **Irregular Bowel Rhythm**

(**Bradyenteria** = 1-6 bm/week)

74 medical students (21-29 y.o., W/M= 51/23)

Regular & Irregular Bowel Habits

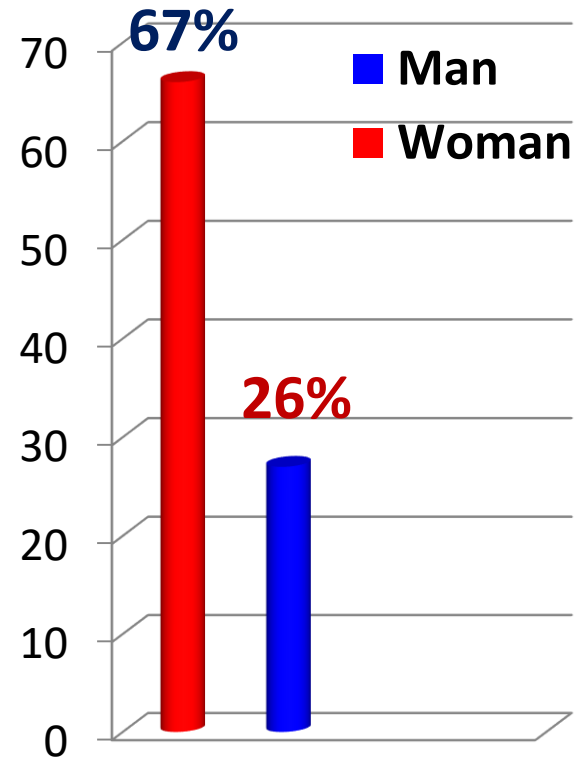
Bradyenteria



■ Bradyenteria
1 – 6 bm/w

■ Euenteria
7 bm/w

Bradyenteria was found in almost Every Second person

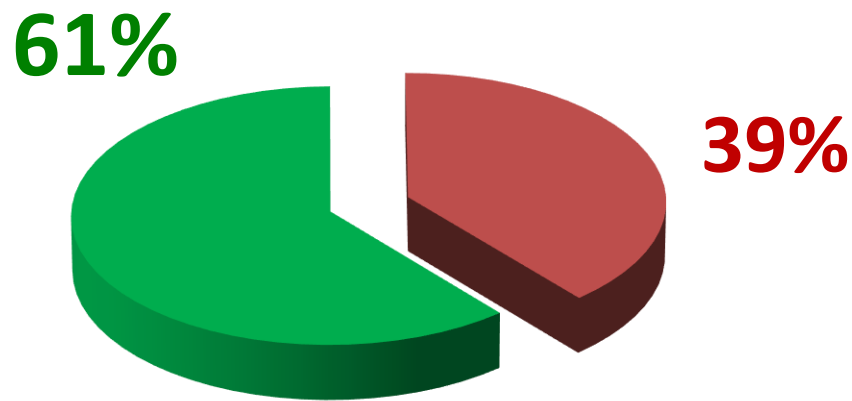


Women had Irregular Bowel Habit (Bradyenteria) 2.5 times more often than Men

The acrophase of Defecation Rhythm

Morning defecation

■ Morning ■ Evening



Euenteria (7 bm/w)

Morning acrophase
dominates at Euenteria

Morning acrophase at Euenteria was 2 times more often than at Bradyenteria

Evening defecation

■ Morning ■ Evening



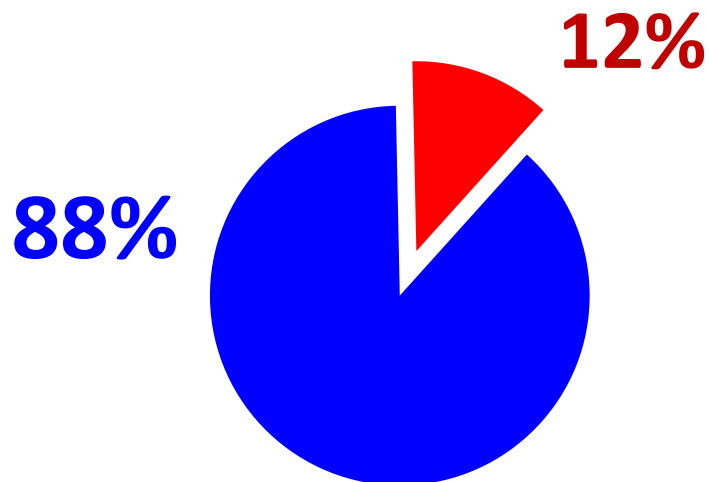
Bradyenteria (1-6 bm/w)

Evening acrophase
dominates at Bradyenteria

Quality of Life & Stool Regularity

Quality of Life

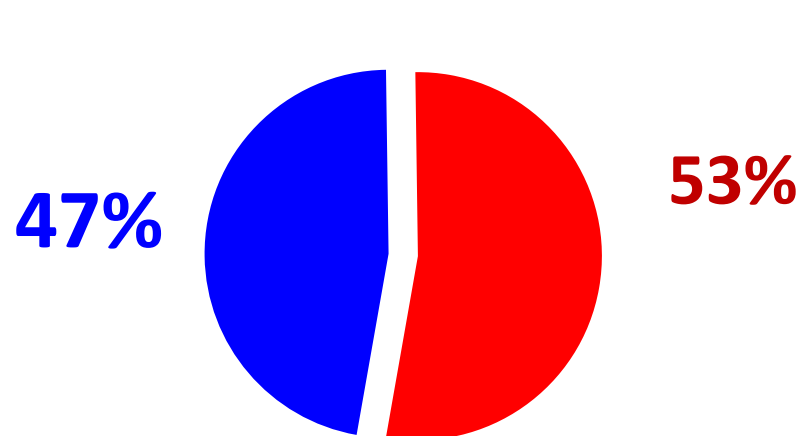
■ Normal ■ Reduced



Euenteria, 7 *bm/w*

Quality of Life

■ Normal ■ Reduced



Bradyenteria, 1-6 *bm/w*

Normal Quality of Life at Euenteria (7 *bm/w*)
was 2 times more often than at Bradyenteria (1-6 *bm/w*)

Conclusion

1. **Normal Quality of Life** at **Regular Bowel Habit** was **2 times more often** than at **Irregular Bowel Habit**.
2. **Morning Defecation** at **Regular Bowel Habits** was **2 times more often** than at **Irregular Bowel Habits**.
3. **Bradyenteria** *was found almost in Every Second students (47%)*