

# The prevalence of functional diseases of the gastrointestinal tract in the first year of life children living in the Belgorod region (Russian Federation)

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**Goal.** To study the prevalence of functional disorders of the gastrointestinal tract in children of the first year of life living in the Belgorod region, according to the questionnaire data.

**Methods.** We conducted a survey by questioning 348 women with children aged 1 year to 4 years. All children were born full-term. The ratio of boys to girls was 1: 1 (47.7%/166 boys and 52.3%/ 182 girls).

**Results.** According to the questionnaire, gastroenterological complaints were found in 82.8%/ 288 children. Most often among functional disorders were detected regurgitation syndrome (18.3%/64), infantile colic (74.4%/259) and constipation (33%/115). In 25.9% cases children had two or more functional disorders, more commonly infantile colic plus constipation.

Among the factors predisposing to the development of functional disorders of the gastrointestinal tract, the following were identified: aggravated pregnancy (31.3%) and childbirth (operative delivery — 25.3%), features of the feeding (early termination of breastfeeding up to 3 months

of life in 29.8%), antibiotic therapy in the first months of life — 23.6%.

For medical attention/treatment applied 56.25% parents of children with regurgitation, 67.2% parents of children with infantile colic and 57.4% with constipation.

The use of diet in treatment of functional disorders was most effective in patients with regurgitation syndrome (57%) and constipation (41.7%), while in the case of intestinal colic — only in 31.7% of cases.

**Conclusion.** Based on a questionnaire survey of 384 parents of children from 1 year to 4 years, living in the Belgorod region, we found a high frequency of detecting of gastroenterological complaints — in 82.8% of cases. Among the functional diseases of the gastrointestinal tract, the most common were regurgitation syndrome (18.3%), infantile colic (74.4%), and functional constipation (33%). Most often sought medical help parents of children with infantile colic. The diet was effective in most cases of functional gastrointestinal disorders except in cases of infantile colic.