

Abstract

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Serum fatty acid profile in subjects with irritable bowel syndrome.

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OBJECTIVE: Irritable bowel syndrome (IBS) is a fluctuating disorder of the gastrointestinal tract, with IBS for signs of disturbed intestinal absorption of fatty acids, as reflected in serum composition.

MATERIAL AND METHODS: Serum samples were obtained from 32 adults with IBS, and from 59 controls. Serum fatty acids were analyzed by capillary gas-liquid chromatography.

RESULTS: Especially the proportions of arachidonic acid (20:4 n-6) and the long-chain polyunsaturated fatty acids of the n-3 family docosapentaenoic acid (22:5 n-3) and docosahexaenoic acid (22:6 n-3) were decreased in subjects with IBS. The proportions of unsaturated and monounsaturated fatty acids were generally increased in IBS compared to controls.

CONCLUSIONS: Although organic disease has been ruled out in patients with IBS, they presented signs of inadequate supply of long-chain fatty acids. Supplementation with n-3 fatty acids may be implicated.

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