

Irritable Bowel Syndrome

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Stellingen behorende bij het proefschrift

Irritable Bowel Syndrome
From Diagnostic Criteria
to Targeted Treatment

Zsa Zsa Weerts, 15 oktober 2021, Maastricht

1. Therapeutic efforts for IBS should also address mental health issues, as mere improvements in GI symptoms do not lead to higher quality of life.
- This thesis, chapter 3 -
2. Intestinal ex vivo TRPM8 activation decreases the release of pro-inflammatory cytokines indicating a possible role for this receptor to target peripheral neurogenic inflammation in IBS.
- This thesis, chapter 5 -
3. Peppermint oil is an appropriate first-line treatment with moderate efficacy for the treatment of abdominal pain in patients with IBS.
- This thesis, chapter 7 and 8 -
4. The use of a smartphone application as a digital symptom diary to assess treatment response ensures high quality data with an excellent patient adherence.
- This thesis, chapter 9 -
5. Food-induced abdominal pain may be caused by a local intestinal IgE-mediated immune response to dietary allergens, a mechanism likely more prevalent in post-gastroenteritis patients with IBS.
- Aguilera-Lizarraga *et al.*, Nature 2021 -
6. Bloating can be caused by unperceived abdomino-phrenic dyssynergia and correction of abdominothoracic muscular activity may lead to less abdominal distention.
- Barba *et al.* Clin Gastroenterol Hepatol 2017 -
7. Kiwi-fruit increases the number of spontaneous bowel movements and improves bloating in chronic constipation and IBS-C.
- Chey *et al.* Am J Gastroenterol 2021 -
8. The voyage to Ithaca
Clinical research should be a long road full of adventure, full of discovery.
- de-Madaria *et al.* United European Gastroenterol J 2020 -
9. Anticipating problems and figuring out how to solve them is actually the opposite of worrying: it's productive.
- Chris Hadfield, An astronaut's guide to life on earth -
10. Choose courage over comfort.
- Brene Brown -
11. You must always have faith in people,
and most importantly, you must always have faith in yourself.
- Elle Woods -