

ORIGINAL ARTICLE

**PREVALENCE OF THE EIGHT F'S OF GALL BLADDER DISEASE IN THE PATIENTS
PRESENTING AT A PRIVATE HOSPITAL IN SIALKOT PAKISTAN.**

Anaba Khan¹, Ibrahim Akhter², Azka Irfan³, Brig. Irfan Zafar⁴, Awaab Irfan⁵, Rabia Faiz⁶

Affiliations

1. House Officer (General Surgery),
Imran Idrees Teaching Hospital, Sialkot
03378616396
Anabakhan98@gmail.com

2. A-Level Student, Beaconhouse School,
Islamabad.
0317-4875517
Ibrahimakhter939@gmail.com

3. House Officer, Combined Military
Hospital, Sialkot

4. HoD/ Professor of Surgery, Imran
Idrees Teaching Hospital, Sialkot
Irfanhaider227@gmail.com

5. House Officer (Medicine), Sheikh
Zayed Hospital, Lahore
Awaab3460@gmail.com

6. House Officer (General Surgery),
Imran Idrees Teaching Hospital, Sialkot
rabiafaiz@gmail.com

Corresponding Author:

Dr. Anaba Khan,
House Officer (General Surgery), Imran
Idrees Teaching Hospital, Sialkot
03378616396
Anabakhan98@gmail.com

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ABSTRACT**Objectives:**

To see the frequency of the Eight F's of gall bladder disease in the patients presenting at a private hospital in Sialkot Pakistan.

Methodology:

A cross-sectional study was done in Imran Idrees Teaching Hospital between January 2024 to March 2024. Convenience sampling was done. Sample size (n=50). Manually designed performas were filled for all individual cases. Frequencies and Percentages were calculated at the end of the study. We emphasized especially on Eight F's in our study which are as follows;

F-1, Females, F-2, Forty Years, F-3, Fertile, F-4, Fatty (BMI), F-5, Food Liking, F-6, Family History, F-7, Fair Complexion and F-8, Flatulence.

Results:

Our study showed that 98% of cases of cholelithiasis were females, 56% had age less than 40, 74% of patients were obese. Out of the female subjects 31.25% were multipara while highest frequency 45.84% was among the grand multiparous females. 98% of the patients revealed they had inclination towards fatty/processed foods. 64% of the patients had flatulence among other abdominal symptoms. More than Half (56%) of the patients had a positive family history of cholelithiasis. 56% of patients had relatively Fair Complexion.

Conclusion:

The prevalence of Gallbladder disease and its association with the studied risk factors was almost similar to the other reported literature.

Keywords:

Cholelithiasis, Gall Stones, 5F's of Gallbladder disease, 8 F's of Gallbladder Disease

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Author contribution:

AK; conceptualization of project, data collection, literature search, writing manuscript, statistical analysis, revision and final approval.

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AI; collection, literature search, writing manuscript, drafting,

RF; data collection, literature search, writing manuscript, drafting,

Introduction

Gallstone is the most common biliary pathology. Once thought of as a disease of

the western world, the incidence and burden of cholelithiasis are increasing in Asia.¹

Most of the patients with gallstone have been categorized as asymptomatic and they are diagnosed incidentally. Symptomatic patients classically present with biliary colic, usually accompanied by nausea, vomiting and diaphoresis.² An excellent mnemonic to memorize the risk factors of cholelithiasis is: Fatty, Fertile, Female, Forties, Flatulence (also known as 5F's of Gallbladder Disease) Laparoscopic cholecystectomy is the Gold Standard Treatment.

This study aimed to find out the common risk factors of Gallbladder disease among the patients presenting to the Surgery Department in a Teaching Hospital.

Objective;

This study was conducted to identify the risk factors and triggers of gallbladder disease in the general population of Sialkot, Punjab.

Methodology:

A Cross-sectional study conducted in which 50 cases of cholelithiasis were studied in between the months of January to March 2024. (n=50) in 3 months from surgery department of Imran Idrees Teaching Hospital, Sialkot.

Manually designed performas were filled for each patient and risk factors/variables were identified and marked separately for every patient.

We emphasized especially on Eight F's in our study which are as follows;

F-1, Females, F-2, Forty Years, F-3, Fertile, F-4, Fatty (BMI), F-5, Food Liking, F-6, Family History, F-7, Fair Complexion and F-8, Flatulence.

Results:

Out of 50 cases of cholelithiasis, 96% were females and only 4% subjects were males.

56% had age less than 40 and 44% had ages in 40s BMI was greater than 25 in 74% of patients while only 26% had BMI within normal range (18.5-24.9).

Out of the female patients, 22.91% were nulliparous, 31.25% were multipara while highest frequency 45.84% was among the grand multiparous females

98% of the patients told that they had inclination towards fatty/processed foods. Out of these, 64% of the patients had flatulence as an associated symptom while 56 percentage of the patients had a family history of cholelithiasis. 56% of patients had relatively Fair Complexion.

VARIABLES	RESULTS – IN NUMBER	
Gender	Females 48	Males 02
Age	Forties 22	Below forty 28
BMI	>25 (Fatty/ Obese)	Normal 13
Fertility	Nulliparous 11	Multiparous 15 grandmultiparous 22
Flatulence	Present 32	Not present 18
Fatty food preference	Yes 46	No 4
Family history	Yes 28	No 22
Fair Class	Yes 28	No 22

Table-I

Discussion:

Our results are disproportionately higher in women (96%) as compared to men 4%, consistent with the results found in a study done in Abbottabad 2021 (88% females and 11.8% in Males³), and 72% in females according to an Indian study⁴, whereas it differs from the other Global studies.⁵ Higher prevalence was reported in individuals aged below 40's (56%), comparable to Indian study 56.7%.⁴ Family History in 56% was comparable to 43.7% in Islamabad⁶ and 61% Karachi⁷ Multiparity 31.25% in our study⁶ is comparable to 37% according to a study done at Shifa International Hospital High BMI in 74% cases is higher than 67.4% obese individuals at KFSH⁸. This relatively higher percentage can be explained by the fact that Cities like Sialkot in Punjab have an overall high role of obesity due to sedentary lifestyle among the citizens.

Conclusion:

We conclude that prevalence of gallbladder disease is higher among individuals having the following F's Female, Fertile, Forty,

Fatty, Family History, Fatty food preferences, with Flatulence, which makes the 8F's of Gallbladder disease.

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Limitations:

Due to limited amount of time and lack of labor, our sample size n=50 was less than that of other studies. The study was done in a single hospital of Sialkot, as a result Ethnicity and racial factors couldn't be taken into account in our study.

Disclaimer: None

Conflict of Interest: None

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