

Title:
Evolution time for the diagnosis of functional dyspepsia in clinical practice

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Evolution time for the diagnosis of functional dyspepsia in clinical practice

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Dear Editor,

We have carefully read the article titled Updated document on the management of functional dyspepsia by the *Asociación Española de Neurogastroenterología y Motilidad (ASENEM)* and *Sociedad Española de Medicina Familiar y Comunitaria (semFYC)*, published in issue 2, volume 117 (2025) of your journal (1). In our opinion, this is a highly clarifying document on the management of such a prevalent condition as functional dyspepsia, masterfully developed in collaboration with Primary Care. We would like to congratulate the authors on their work.

As a disorder of gut-brain interaction, functional dyspepsia is subject to the Rome IV diagnostic criteria, which have long been considered overly strict in terms of symptom duration and frequency, and therefore pose a challenge in daily clinical practice. According to Rome IV, symptoms must have started at least six months before diagnosis and have been present for the previous three months to exclude other possible diagnoses. The authors of the article acknowledge that "these symptom frequency and duration criteria are recommended to facilitate research studies; however, they are not strictly necessary for a diagnosis in routine clinical practice." Nevertheless, the article does not provide alternative time frames for diagnosis outside the Rome IV recommendations.

Recognising this problem, in 2022 the Rome Foundation published the Clinical Diagnostic Criteria for Disorders of Gut-Brain Interaction (2) and proposed a modification of these criteria to make them more suitable for daily clinical practice while maintaining their diagnostic validity. This modification allows for a lower frequency of symptoms and an eight-week period from symptom onset, provided that other conditions have been reliably ruled out. By shortening the required time frame, clinicians can more efficiently manage functional dyspepsia without having to wait six months to formally establish a diagnosis, particularly when symptoms are severe enough to prompt medical consultation. In any case, the full Rome IV criteria remain essential for epidemiological studies and clinical trials.

1- Serra J, Alcalá-González LG, Mendive JM, Santander Vaquero C, Serrano Falcón B. Updated document on the management of functional dyspepsia by the Asociación Española de Neurogastroenterología y Motilidad (ASENEM) and Sociedad Española de Medicina Familiar y Comunitaria (semFYC). *Rev Esp Enferm Dig* 2025;117:84-91. doi: 10.17235/reed.2025.10572/2024. PMID: 39812003.

2- Drossman DA, Tack J. Rome Foundation Clinical Diagnostic Criteria for Disorders of Gut-Brain Interaction. *Gastroenterology* 2022;162:675-679. doi: 10.1053/j.gastro.2021.11.019. Epub 2021 Nov 19. PMID: 34808139.