

Peptic Ulcer

Treatment Diagnosis

- The test is esophagogastroduodenoscopy (EGD) a form of endoscopy where the location & severity of ulcer can be visually seen.
- Diagnosis of helicobacter pylori can be by:
Biopsy during EGD, breath testing, direct culture from an EGD biopsy specimen, direct detection of urease activity
- If peptic ulcer perforates, air leaks from inside of GI tract to peritoneal cavity will lead to "free gas" within peritoneal cavity.
- On a chest X-ray this gas will float to a position underneath the diaphragm therefore gas in peritoneal cavity cause peptic ulcer disease.

Treatment

- Younger patients with ulcer-like symptoms are often treated with antacids or H₂ antagonist.
- When H. pylori infection is present most effective treatment are combination of 2 antibiotics & 1 proton pump inhibitor.

- an effective combination would be Amoxicillin + Metronidazole + Pantoprazole (PPI)
- In absence of H. pylori, long-term higher dose of PPIs are often used.
- treatment of helicobacter usually leads to clearing of infection, relief of symptoms & eventual healing of ulcers.

Inflammatory Bowel disease

- IBD is a group of disorders that cause chronic inflammation in intestines.
- IBD include crohn's disease & ulcerative colitis - Both types affect digestive system

Ulcerative colitis causes swelling & sores in large intestine [colon & rectum]

crohn's disease causes pain & swelling in digestive tract. It can cause affect any part from mouth to the anus. most commonly affect small intestine.

Etiology [Symptoms]

- Abdominal pain
- Diarrhea
- Gas & bloating
- loss of appetite

- mucus on blood in stool
- upset stomach

Rarely IBD may also cause :

- Fatigue
- Fever
- Itchy, red, painful eyes
- joint pain
- Nausea & vomiting
- Skin rashes & sores
- vision problems

Diagnosis

- Your workup may start with a complete blood count (CBC) & stool test to look for signs of intestinal inflammation

- diagnostic tests :

Colonoscopy :- to examine large & small intestine

endoscopic ultrasound :- to check digestive tract for swelling & ulcers

flexible sigmoidoscopy :- to examine inside of rectum & anus

CT scan or MRI :- to check signs of inflammation

Upper endoscopy :- to examine digestive tract from mouth to the start of small intestine

capsule endoscopy :- Using a small camera device that you swallow - It captures images as it travels through digestive tract.

Treatment

- medications to treat IBD include:

Aminosalicylates :- minimize irritations to intestines

antibiotics : treat infection & abscesses

Biologics :- interrupt signals from immune system that cause inflammation

corticosteroids : keep the immune system in check & manage flares such as prednisone

Immunomodulators : keep calm an overactive immune system

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You can also use:

- Antidiarrheal medication
- Non steroidal anti-inflammatory drugs
- Vitamins & supplements & like probiotics