

DIGESTION DISORDERS (handout)

CONSTIPATION

- Usually due to lack of dietary fiber and/or lack of exercise... therefore lack of sufficient peristalsis in Lg. I.
- undigested food residue stays in Lg. I. too long and too much water is reabsorbed.
- stool is too hard and requires extra force to expel it
- may lead to formation of hemorrhoids

DIARRHEA

- is the result of excessive peristalsis usually due to food irritants or microbial irritants
- there is lack of sufficient time to absorb water & nutrients
- may lead to dehydration and electrolyte imbalances (Ca^{++} , K^+ , Mg^{++})
- also often caused by radiation treatments and chemotherapy because the rapidly multiplying epithelial cells are vulnerable just like the rapidly multiplying cancer cells

LACTOSE INTOLERANCE

- lack of lactase due to genetics
- Results in lactose reaching the lg. I. where bacteria feed on it and produce large volumes of gas.
- Stretching of Lg. I. by gas is painful and causes reflex spasms and peristalsis.
- undigested lactose in small and Lg. I. also creates an osmotic gradient that resists water being absorbed from the lumen and even pulls water into the lumen leading to diarrhea

DIVERTICULOSIS & (ITIS)

- lack of dietary fiber leads to a narrow colon with powerful contractions.
- leads to herniations (diverticula) of the mucosa through the muscular colon walls
- occurs most often in the sigmoid colon
- Diverticula tend to trap feces (especially seeds and nuts) leading to bacterial infection and inflammation.
- diverticulosis is the presence of diverticula. Diverticulitis is inflammation of diverticula.

PEPTIC ULCERS (includes gastric ulcers and duodenal ulcers)

- erosions of the mucosal and muscular layers
- most often due to the presence of the bacteria H. pylori
- irritated by acids, and proteolytic enzymes
- may bleed into stomach or intestines
- may perforate to the exterior leading to peritonitis

PERITONITIS

- inflammation of peritoneal membranes and cavity
- possible causes:
 1. ruptured appendix releasing bacteria, toxins, inflammatory chemicals
 2. ruptured gallbladder
 3. gastric ulcer
 4. ruptured diverticulum of lg. I. releasing bacteria

APPENDICITIS (OYO)

GALLSTONES (OYO)

IBS (IRRITABLE BOWEL SYNDROME) OYO