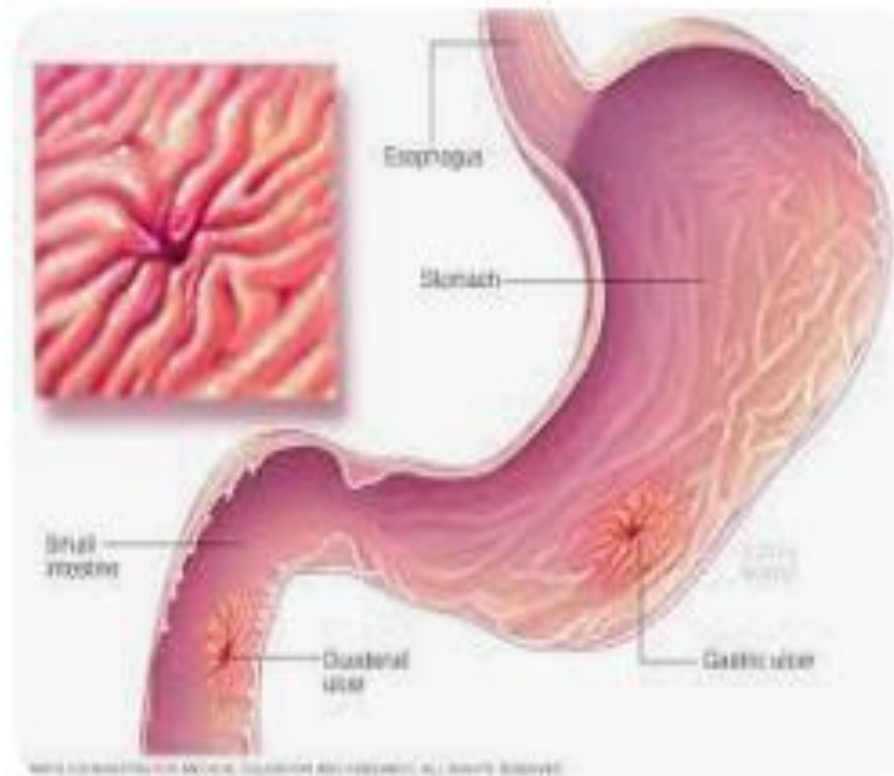


PEPTIC ULCER



INTRODUCTION

- PEPTIC – Stomach
- ULCER – sore in the mucous layer

Def- Peptic ulcer – erosion of the mucous layer.

The open sores that develop on the inside lining of stomach and the upper portion of the small intestine.

TYPES

- Peptic ulcer includes:
- Gastric ulcer- ulcer occur on the inside of the stomach
- Duodenal ulcers- ulcer occur on the inside of the upper portion of the intestine

Etiology

- Infection- Helicobacter pyloric
- Long term use of NSAIDs (Avil/naproxen sodium)

RISK FACTORS

- Smoking
- alcoholism
- Spicy foods
- Untreated stress

SYMPTOMS

- Burning sensation in the Epigastric region
- Sensation of fullness/ bloating/ belching
- Nausea
- Heartburn
- The pain may be worse between meals and at night time.
- Haematemesis
- melena

DIAGNOSIS

- Proper history collection
- Physical examination
- Lab investigations like blood/stool/breath test to rule the H.pylori
- Imaging- endoscopy & upper gastrointestinal series(barium swallow)

COMPLICATIONS

- Internal bleeding
- Obstruction
- Gastric cancer

PREVENTION

- Personal hygiene
- Awareness of drug usage like pain relievers
- Intake of healthy balanced diet

TREATMENT

Medical management

Antibiotics- amoxicillin, clarithromycin, metronidazole, tetracycline, levofloxacin.

Proton pump inhibitors- to block the acid production and promote healing

OTCs – omeprazole, lansoprazole, pantoprazole.

Histamine receptor blockers- H2 blockers- pepcid, zantac.

Supporting drugs- sucralfate, misoprostol- to protect the gastric lining.

Surgical management

- Truncal vagotomy – cut out the part of vagus nerve at gastroesophageal junction
- Antrectomy(distal gastrectomy)- removing distal 3rd of the stomach & type of reconstruction of Billroth
- Pyloroplasty- widen the pylorus
- Partial vagotomy
- Subtotal gastrectomy
- gastrectomy

Conservative managements

- Life style modifications
- Meditation
- Avoid alcoholism/ smoking

VAGUS NERVE

- Autonomic nervous system
- Controls involuntary activities like heart beat/
releasing gastric acids
- It plays an important role in gut brain
connection