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A GI Smorgasbord: Common Problems: Part I

Monday, February 6, 2012
11:10 a.m. - 12:00 p.m.

Required reading:

Cecil's Essentials of Medicine, 8th edition, 2010, pp 522-523, iron deficiency anemia

(7th edition, 2007, page 499)

Robbins and Cotran Pathologic Basis of Disease, 7th edition, 2004, pp 854-855 (diverticulitis) or similar section in other editions

Learning Objectives:

1. You should be able to describe the current concepts of the cause of these problems and be able to explain them to your patients.
2. You should be able to describe the current treatment options (or lack of options) for these problems and be able to describe them to your patients.

Key Words:

Anemia, obscure bleeding, diverticulitis, constipation, gas, bloating, hemorrhoids, hiatal hernia, iron deficiency

Further reading for your interest (not required for the exam):

A. Intestinal gas:

1. Suarez FI and Levitt MD. Intestinal Gas. Clinical Perspectives in Gastroenterology July/August 2000, pp 209-218.

B. Constipation:

1. Lembo A and Camilleri M. Chronic Constipation. N Engl J Med 349:1360-1368, 2003.
2. Licke GR, et al. AGA Technical Review on Constipation. Gastroenterology 119:1766-1778, 2000.
3. Schiller LR. The Therapy of Constipation. Aliment Pharmacol Ther 15:749-763, 2001.
4. Bingham SA, JH Cummings. Effect of exercise and physical fitness on large intestinal function. Gastroenterology 97:1389, 1989.
5. Tack J, S Muller-Lissner. Treatment of chronic constipation: current pharmacologic approaches and future directions. Clin Gastro Hepatol 7:502, 2009.

C. Hemorrhoids:

1. Nisar PJ and Scholefield JH. Managing haemorrhoids. *BMJ* 327:847-851, 2003.
2. Johanson JF. Evidence-based approach to the treatment of hemorrhoidal disease. *Evidence-based Gastroenterology* 3:26-31, 2002.

D. Diverticulitis:

1. Strate LL, et al. Nut, corn and popcorn consumption and the incidence of diverticular disease. *JAMA* 300:907-914, 2008.
2. Jacobs DO. Diverticulitis. *New England Journal of Medicine* 357:2057-2066, 2007,