



## Life in These Parts

### Conference Notes

#### Approach to Patient with Dyspepsia

V.P. Philip Katz, Associate Professor of Medicine, Alleghany University of Health Science at Kam Auditorium on February 20, 1998.

#### • Definition of Dyspepsia

- Epigastric discomfort with bloating; belching; nausea; flatulence; postprandial fullness
- Relationship to meals: variable

#### • Types of Dyspepsia

- Indefinite cause
- Abnormalities of importance (H. Pylori gastritis, gastroparesis, duodenitis)
- No recognizable cause (functional dyspepsia) 60 - 70%

#### • Epidemiology of Dyspepsia

- 1 to 2% of all outpatient visits
- 2 million annual office visits
- Annual incidence: 10% of patients
- Life time prevalence: 30% of patients
- \*\*By any estimate, an expensive symptom

#### • Ddx of Dyspepsia

- Peptic ulcer
- GERD
- Biliary tract dis.
- Irritable bowel

- Chronic pancreatitis
- Gastric Ca
- Non-ulcerative peptic disease
- **Gastric Ca**
  - 1 to 2 % of dyspepsia
  - Ages 50-55
  - Family Hx
  - Oriental heritage
  - Many symptoms: "Few gastric Ca's without many symptoms."
- **Peptic Ulcer**
  - 20% of dyspepsia (may be higher if hx classic)
  - 80% = H. Pylori ⊕
  - NSAID's may exacerbate
  - Endoscopy if chronic
  - Recurrence common if H. Pylori not eradicated
- **GERD (2nd most common)**
  - Heart burn and dyspepsia
  - Usually non erosive: (Endoscopic neg)
  - Clinical response to PPI or H2 helpful, but not diagnostic
  - Prolonged PH monitor needed to confirm.
  - \*\*PPI superior to H2
- **Irritable Bowel**
  - Lower GI sy's predominate
  - Longer Hx (years)
  - Diagnosis of exclusion
  - May respond to analgesics (eg imipramine)
- **Biliary Colic**
  - Chronic Hx needed
  - Relief with surgery
  - Ultrasound may be false ⊕ if hx vague.
- **Non-Ulcer Dyspepsia**
  - Rule out others
  - Pathogens: Not likely; H. Pylori?
  - No good evidence of motility disorder
  - Acid not implicated
  - Visceral hypermotility
- **Approach to Dyspepsia**
  - H. Pylori eradication
  - Early endoscopy
  - Barium X-rays
  - Antisecretory therapy
  - Prokinetics
- **Warning Sx's**
  - Age over 55
  - Bleeding
  - Anemia
  - Wtg loss
  - Severe pain
  - Hx of ulcers
  - Obstructive sy's.
- **H. Pylori Eradication**
  - Pros: Offers cure; cheapest strategy
  - Cons: Antibiotic side effects; what happens when sy's recur?
- **Non-Ulcer Dyspepsia**
  - H. Pylori incidence same as asymptomatic population
  - \*\*\*H. Pylori Eradication:
    - Treat only peptic ulcers
    - Not indicated in non-ulcer dyspepsia
    - Does not prevent gastric ulcers
    - No effect on GERD

\*\*\*If eradication decided on:

- Must prove H. Pylori present
- Serology alone not effective screen
- Rx: PPI plus 2 antibiotics for 2 weeks
- Test for cause when symptoms recur (They recur in 80% of cases)
- re. **Endoscopy:**
  - Cost effective if less than \$450
  - Many sy's mandate
  - No way to increase value of reassurance
  - Only way to prove ulcer or cancer

### "Heart Mate"

Richard Panui, 58, needed a heart in February; one was available so he got a "Heart mate" at St. Francis Medical Center. Cardiac Surgeon, Carlos Moreno was assisted by Collin Dang and Jeff Lee. Carlos' brother Ricardo Moreno who has done Heart mate surgery on the mainland attended as a consultant.

Donor hearts must come from within the state (because of the time factor). St. Francis Medical Center reports that 30% of heart transplant candidates die while waiting.

### Doc Plays Doc

Kailua psychiatrist Mark Stitham who has been moonlighting for years on stage and TV finally got to play a doc. In a hit Japanese TV series "Hotel", Mark plays an ER physician who saves a young girl who fell into a pool.

(Eddie Sherman, Midweek)

### Potpouri

A highway patrolman pulled over a carload of nuns.

"Sister," he asked the driver, "Why are you going so slow?"

"The sign said, the speed limit is 22, Officer," the nun explained.

"No, the speed limit is 65," he explained. "This is Highway 22."

The cop looked into the back seat and noticed that the other two nuns looked shaken and pale.

"What's the matter with them?"

"We just got off Highway 99."

Playboy's Party Jokes

When her pet poodle died, Mary nagged Ken for another dog. Ken wasn't a dog lover, but he dutifully searched pet shops for a replacement. All the dogs were expensive, except for a homely Karate dog.

"What's a Karate dog?" He asked the pet shop owner.

"Well, watch what he can do," the shop keeper commanded,

"Karate the dog biscuit!" The dog pulverized the biscuit.

"Karate that wooden box!" The box was smashed to smithereens. Ken was impressed. He took the dog home.

"Honey, I got you a Karate dog." He announced. Mary took one look at the homely creature and shouted, "Karate dog, my butt!"

A Roland Lichter favorite

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