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Isolated polycystic liver disease: A rare entity case report

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The presence of hepatic cysts sparing kidneys is very rare and thereby must be assumed as a different clinical entity. This describes a case of an isolated multiple hepatic cysts without renal involvement. Here we report a case of a 59-year-old female patient presented with dyspepsia, epigastric pain and mass in the right hypochondrium, she was operated for the same complaint eight months back. Abdominal ultrasound revealed multiple cystic liver lesions with of varying sizes. The CT confirmed the presence of multiple cysts only in the liver. Cystectomy was done, histology showed multiple cysts lined by cuboidal to columnar epithelium. Diagnosis of isolated adult polycystic liver disease was given.

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Healing after a gastrectomy: Bridging the body and mind after trauma with psychosomatic research

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In 2005, a mild stomach ache led to a total gastrectomy 48 hours later. In this presentation, I will be serving as my own case study. How does psychological trauma affect the body and how can it inform both medical and mental health professionals? At 17, I was sexually abused for eight months, causing severe stress, invoking the “freeze” response in trauma. With holding this secret caused severe anxiety and panic attacks. Two weeks after I finally disclosed my secret, I developed a blood clot on the mesenteric artery leading to gangrene of the intestines. My stomach literally burst to the ceiling of the OR, both my lungs collapsed, I required 122 units of blood, and I was in a coma for months. 27 surgeries later, and six full years unable to eat or drink, I was reconstructed with the intestines that remained. How can stress lead to such physical traumas? How can the mind so dramatically affect the physical body? Psychological stress has a profound effect on the body and illness. When stress occurs, the hypothalamus secretes CRH that signals a reaction through a hormone signal pathway. ACTH is then released, but when this chain of events is turned on repeated in times of high stress like PTSD, the organs can't rest, inducing various physical illnesses and tissues damage. There is a large effect that this has on the stomach and intestines, causing various digestive problems. Mental disorders can also be caused when stress quickly activates our system, causing quick alarmed reactions that can lead health damage. Stress plays a significant role in affecting the sympathetic nervous system. The sympathetic nervous system affects digestion and cardiovascular function. The sympathetic nervous system is fast and short-term, but when stimulated repeatedly as in post-traumatic stress syndrome, can have a significant effect on the human body. In this way, stress can interact with the digestive system to increase the risk of ulcers and also affect the cardiovascular system. This is evident in individuals affected with PTSD from sexual abuse, as shown, for example, by the study performed by Norman and Means-Christensen (2006). Many digestive diseases that can be caused by the body's chronic stress response. Common digestive problems include heartburn/Gastroesophageal reflux disease (GERD), inflammatory bowel diseases (IBD), and Irritable Bowel Syndrome (IBS). Symptoms may include bloating, diarrhea, gas, stomach pain, and stomach cramps. Treatment includes a combination of medication and lifestyle changes. Inflammatory bowel disease can cause symptoms such as abdominal cramps, bloody diarrhea, fever, and sometimes weight loss. Crohn's disease is a chronic inflammatory disease of the digestive tract. Symptoms include abdominal pain and diarrhea, sometimes bloody, and weight loss. Crohn's treatment consists of lifestyle changes, such as exercise and a healthy diet, as well as over-the-counter antidiuretics and prescription anti-inflammatory medication. Ulcerative colitis (UC) is a type of inflammatory bowel disease that causes sores in the colon. Symptoms include abdominal pain and diarrhea, sometimes bloody. Treatment for UC may be a combination of over-the-counter anti-diarrheic and prescription steroids or amino salicylates.

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