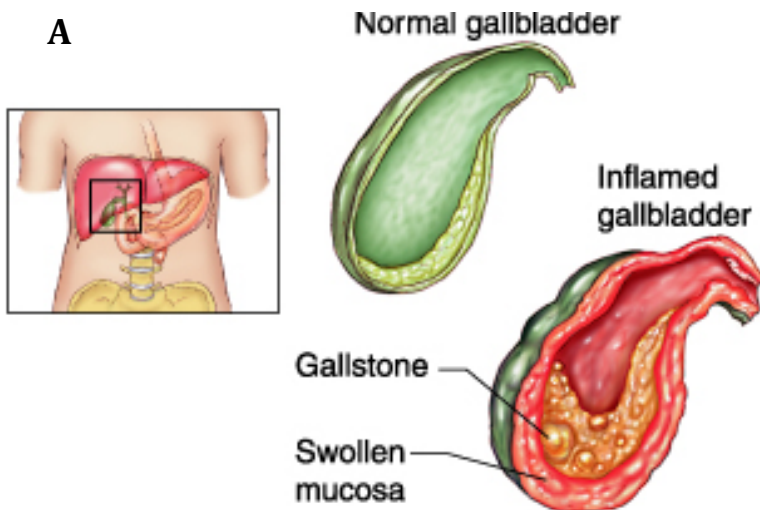


# Station 5: Cholecystitis

An inflammation of the gall bladder

| Causes & Risk Factors   | Symptoms   | Treatment Options   |
|---|--|---|
| <ul style="list-style-type: none"> <li>Primarily caused by blockage of the gall duct by gallstones</li> <li>Digestive tumors</li> <li>Blockage of the bile duct</li> <li>Inflammation</li> <li>Gallstones</li> <li>Diet</li> <li>Female</li> <li>Age</li> </ul> | <ul style="list-style-type: none"> <li>Tender abdomen</li> <li>Sweating</li> <li>Nausea</li> <li>Vomiting</li> <li>Fever</li> <li>Bloating</li> <li>Chills</li> <li>RUQ abdominal pain radiating to the right shoulder/back</li> </ul> | <ul style="list-style-type: none"> <li>Medication</li> <li>Fasting</li> <li>Antibiotics</li> <li>Cholecystectomy</li> </ul> |

A



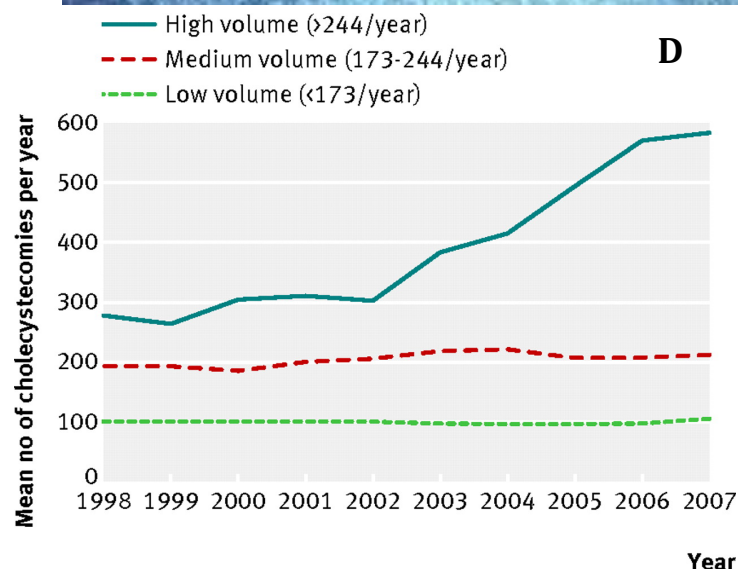
B



C



D



A. <http://www.mdguidelines.com/images/illustrations/cholecys.jpg>

B. <http://curezone.org/gallstones/images/galston1.jpg>

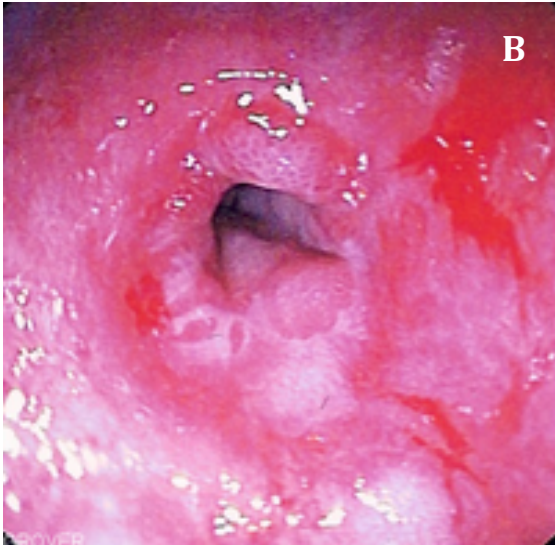
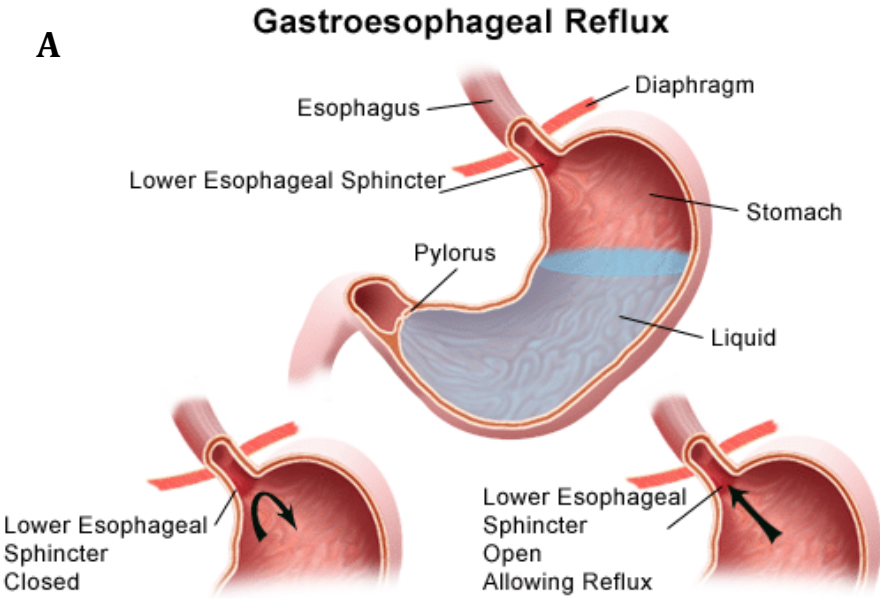
C. <http://bugswong.smugmug.com/Medical-slides/Biliary-Pancreas-Spleen/i-hkNtKRQ/0/L/acute%20cholecystitis%20%20-L.jpg>

D. [http://www.bmj.com/highwire/filestream/586292/field\\_highwire\\_fragment\\_image\\_1/0.jpg](http://www.bmj.com/highwire/filestream/586292/field_highwire_fragment_image_1/0.jpg)

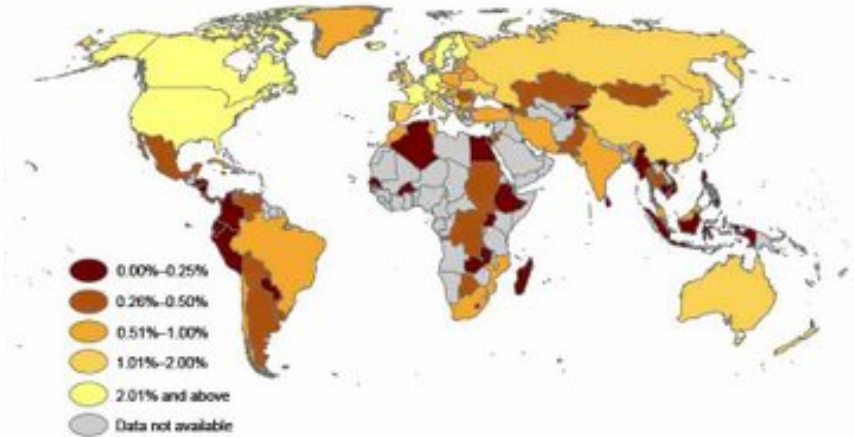
# Station 5: Gastroesophageal Reflux Disease

A chronic disease that occurs when the esophageal sphincter relaxes, allowing the contents of the stomach to move back into the esophagus.

| Causes & Risk Factors  | Symptoms   | Treatment Options  |
|--|--|--|
| <ul style="list-style-type: none"> <li>Frequent acid reflux</li> <li>Weakened esophageal sphincter</li> <li>Obesity</li> <li>Pregnancy</li> <li>Smoking</li> <li>Diabetes</li> <li>Asthma</li> </ul> | <ul style="list-style-type: none"> <li>Chest pain</li> <li>Heartburn</li> <li>Dysphagia (difficulty swallowing)</li> <li>Dry cough</li> <li>Sore throat</li> <li>Acid reflux</li> <li>Sour taste</li> <li>Esophagitis</li> </ul> | <ul style="list-style-type: none"> <li>Over the counter medication<br/>Maalox, Mylanta, Rolaids, Tums, Pepcid AC, Zantac, Tagamet, Prevacid, Prilosec</li> <li>Prescription medication</li> <li>Surgery</li> </ul> |



**Figure 3: A snap-shot of R&D intensity**  
*Gross domestic expenditure on R&D (GERD) as a percentage of GDP, 2005 or latest available year*



Source: UNESCO Institute for Statistics, September 2007

A:<http://www.jeffersonhospital.org/images/staywell/125536.GIF>  
 B:[http://upload.wikimedia.org/wikipedia/commons/thumb/1/16/Peptic\\_stricture.png/200px-Peptic\\_stricture.png](http://upload.wikimedia.org/wikipedia/commons/thumb/1/16/Peptic_stricture.png/200px-Peptic_stricture.png)

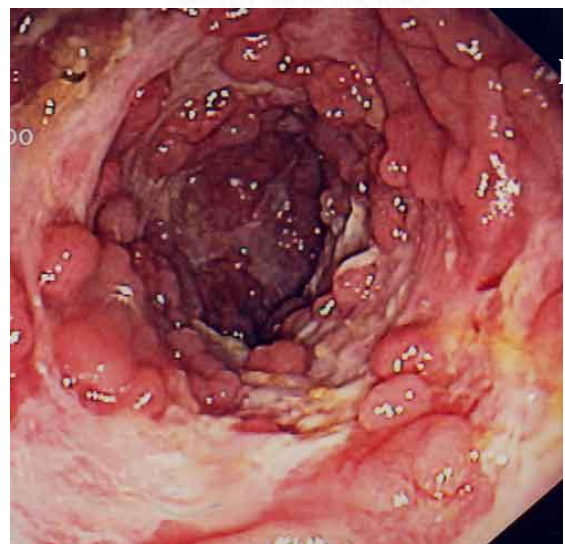
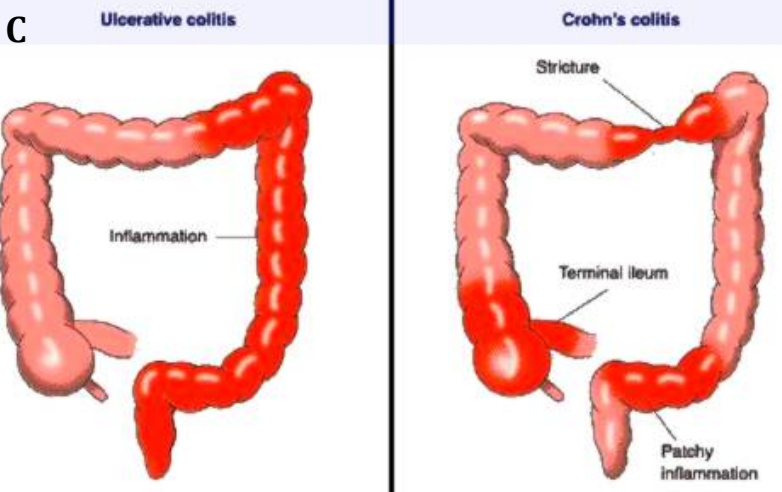
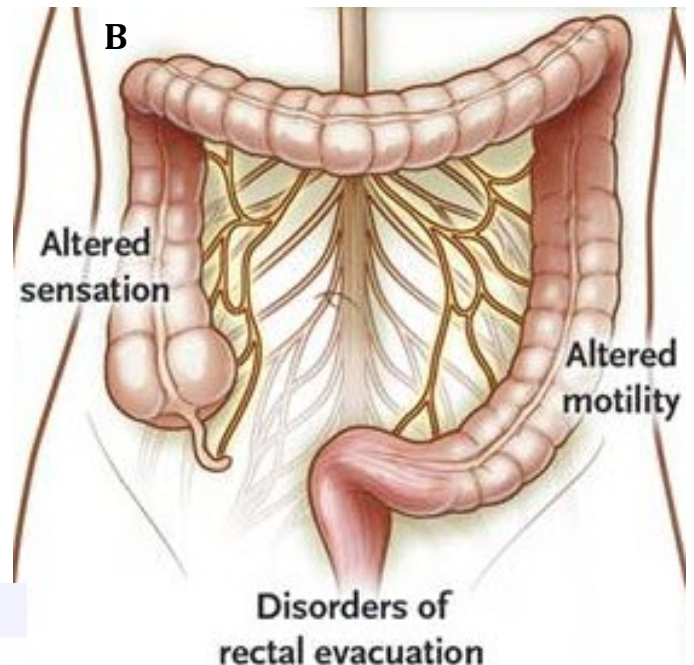
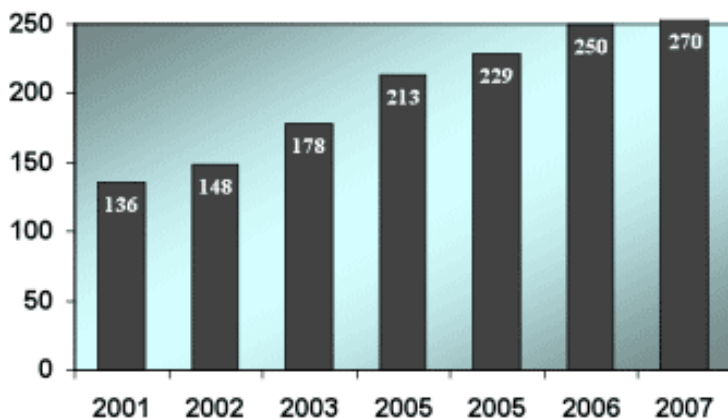


# Station 5: Inflammatory Bowel Disease

A chronic complex intestinal condition that causes inflammation in the digestive tract. Includes Crohn's disease and ulcerative colitis.

| Causes & Risk Factors  | Symptoms  | Treatment Options  |
|--|---|--|
| <ul style="list-style-type: none"> <li>Causes are unknown</li> <li>Possibly: genetics, environmental, or immune</li> </ul> | <ul style="list-style-type: none"> <li>Abdominal pain</li> <li>Cramping</li> <li>Diarrhea</li> <li>Fever</li> <li>Loss of appetite</li> <li>Weight loss</li> <li>Anemia</li> <li>Bowel obstruction</li> </ul> | <ul style="list-style-type: none"> <li>Medication</li> <li>Antibiotics</li> <li>Fluid replacement</li> <li>Diet adjustment</li> <li>Surgery</li> </ul> |

**A** Surgery for Inflammatory Bowel Disease



- A. <http://blogs.nejm.org/now/wp-content/uploads/2012/10/Mechanisms-Underlying-the-Irritable-Bowel-Syndrome-IBS-small.jpg>
- B. [http://my.clevelandclinic.org/PublishingImages/Florida/inflammatory\\_bowel.gif](http://my.clevelandclinic.org/PublishingImages/Florida/inflammatory_bowel.gif)
- C. <http://img.medscape.com/pi/emed/ckb/gastroenterology/169972-179037-86tn.jpg>
- D. <http://ibstreatmentcenter.com/wp-content/uploads/2012/10/IBD-comparison.jpg>

# Station 5: Peptic Ulcers

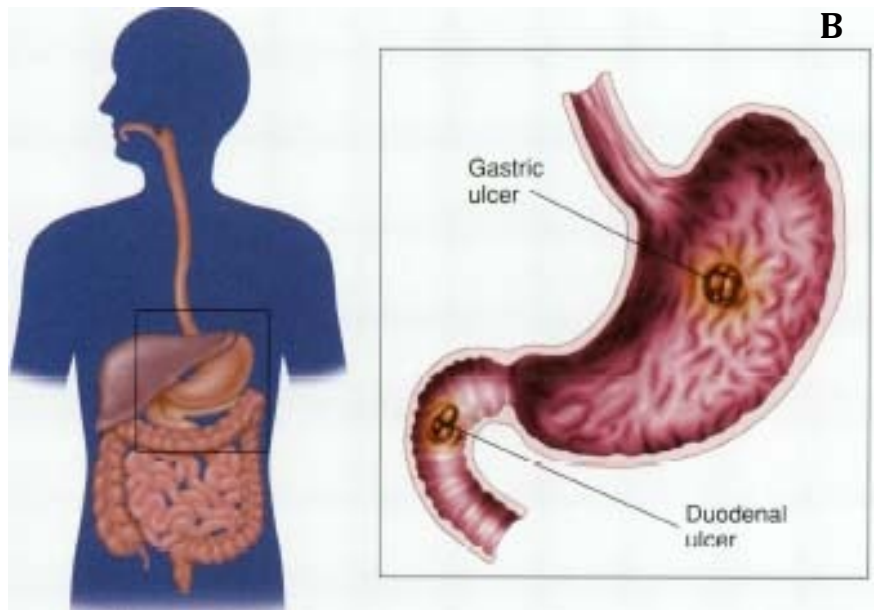
Sores that develop in the lining of the stomach or the duodenum

| Causes & Risk Factors  | Symptoms  | Treatment Options  |
|--|---|--|
| <ul style="list-style-type: none"> <li>Imbalance in gastric juices</li> <li>Bacterial infection (<i>H.pylori</i>)</li> <li>NSAID overuse (aspirin, ibuprofen, etc.)</li> <li>Excess acid production</li> <li>Stress</li> <li>Smoking</li> <li>Alcohol abuse</li> </ul> | <ul style="list-style-type: none"> <li>Heartburn</li> <li>Severe chest pain</li> <li>Nausea</li> <li>Vomiting</li> <li>Bloating</li> <li>Bloody vomit</li> <li>Bloody stool</li> <li>Weight loss</li> </ul> | <ul style="list-style-type: none"> <li>Lifestyle changes</li> <li>Medication (dependent on cause)</li> <li>Endoscopic surgery</li> </ul> |

A

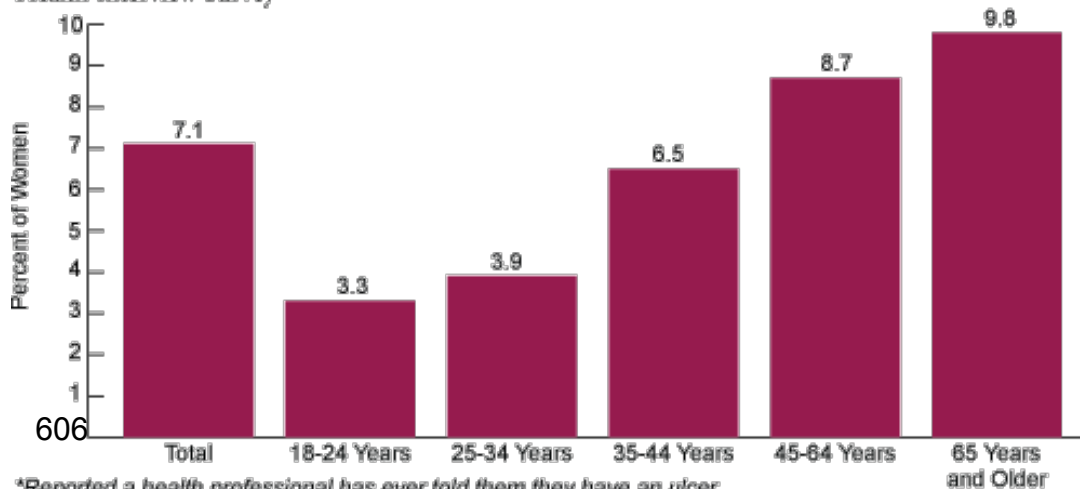


B



## Women Aged 18 and Older Who Have Ever Had an Ulcer,\* by Age, 2006

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey

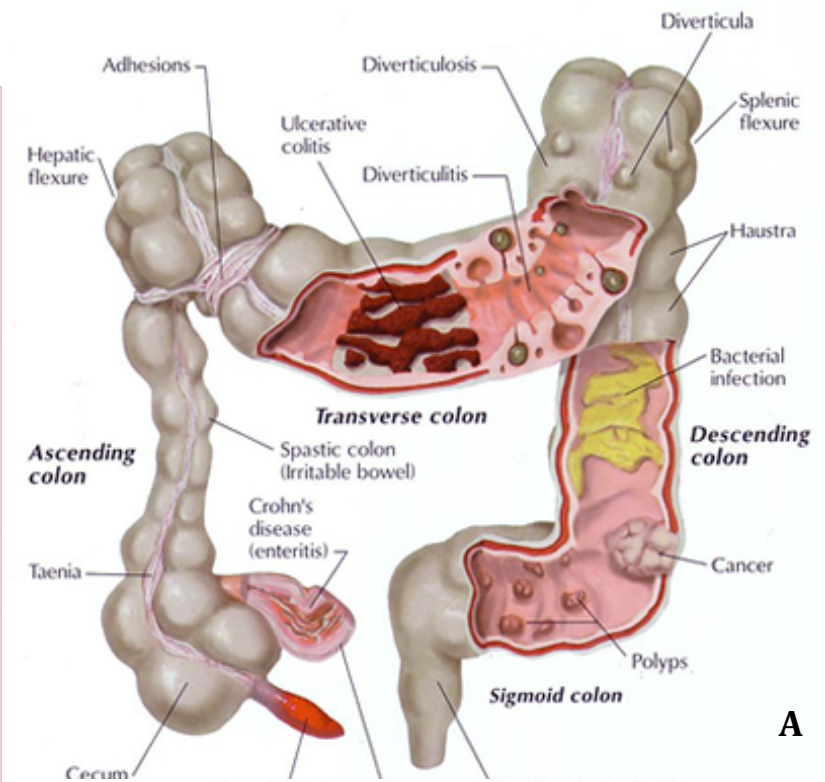


A.[http://www.humanillnesses.com/original/images/hdc\\_0001\\_0003\\_0\\_img0198.jpg](http://www.humanillnesses.com/original/images/hdc_0001_0003_0_img0198.jpg)  
 B.<http://allwellness.files.wordpress.com/2011/06/aspirin-pill.jpg>



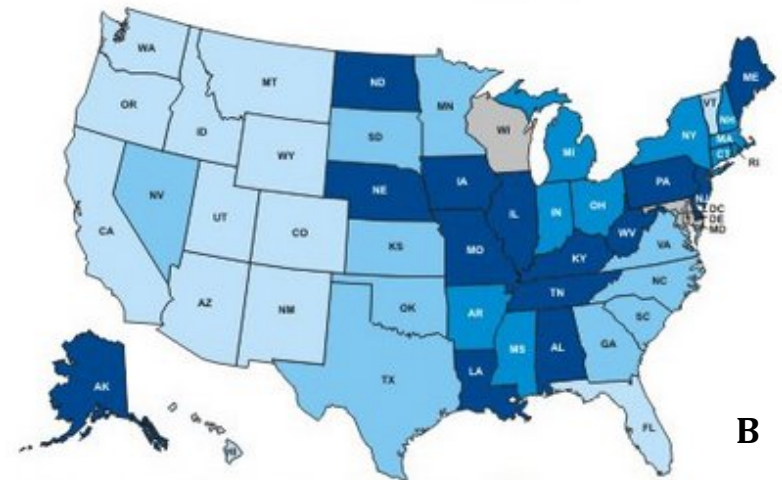
# Station 5: Colon Diseases

| Disorders   | Causes & Risk Factors  | Symptoms   | Treatment Options  |
|---|--|--|--|
| Colorectal Cancer – uncontrolled cell growth in the colon | <ul style="list-style-type: none"> <li>• Other intestinal diseases</li> <li>• Heredity</li> <li>• Diet</li> <li>• Chemical exposure</li> <li>• Surgical history</li> <li>• Lifestyle</li> <li>• Radiation</li> </ul> | <ul style="list-style-type: none"> <li>• Change in bowel movements</li> <li>• Bloody stool</li> <li>• Bloating</li> <li>• Fatigue</li> <li>• Weight loss</li> <li>• Pelvic pain</li> </ul> | <ul style="list-style-type: none"> <li>• Surgery</li> <li>• Radiation therapy</li> <li>• Chemotherapy</li> <li>• Medication</li> </ul> |
| Polyps – growths  | <ul style="list-style-type: none"> <li>• Age</li> <li>• Heredity</li> <li>• History of polyps</li> <li>• Diet</li> </ul>   | <ul style="list-style-type: none"> <li>• Asymptomatic</li> <li>• Change in bowel movements</li> <li>• Bloody stool</li> <li>• Diarrhea</li> <li>• Constipation</li> </ul>                  | <ul style="list-style-type: none"> <li>• None</li> <li>• Surgical removal</li> <li>• Diet adjustment</li> </ul>                        |
| Diverticulitis – pouches form on the wall of the colon    | <ul style="list-style-type: none"> <li>• Age</li> <li>• Infection</li> <li>• Diet – too little fiber</li> <li>• Lack of exercise</li> <li>• Smoking</li> <li>• Obesity</li> </ul>                                    | <ul style="list-style-type: none"> <li>• LLQ pain</li> <li>• Fever &amp; chills</li> <li>• Bloating &amp; gas</li> <li>• Diarrhea</li> <li>• Constipation</li> <li>• Nausea</li> </ul>     | <ul style="list-style-type: none"> <li>• Antibiotics</li> <li>• Medication</li> <li>• Surgery</li> </ul>                               |
| Hemorrhoids – inflamed veins in the rectum or anus        | <ul style="list-style-type: none"> <li>• Straining during bowel movement</li> <li>• Obesity</li> <li>• Chronic diarrhea</li> <li>• Anal intercourse</li> <li>• Pregnancy</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Rectal bleeding</li> <li>• Anal pain</li> <li>• Lumps near anus</li> <li>• Feces leakage</li> <li>• Anal itching</li> </ul>                       | <ul style="list-style-type: none"> <li>• Medication</li> <li>• Surgical removal</li> <li>• Injections</li> </ul>                       |
| Spastic Colon or IBS – abnormal abdominal conditions      | <ul style="list-style-type: none"> <li>• Diet</li> <li>• Lifestyle</li> <li>• Stress</li> <li>• Hormonal</li> </ul>  | <ul style="list-style-type: none"> <li>• Abdominal pain</li> <li>• Cramping</li> <li>• Bloating &amp; gas</li> <li>• Constipation</li> <li>• Diarrhea</li> <li>• Mucus in stool</li> </ul> | <ul style="list-style-type: none"> <li>• Medication</li> <li>• Diet</li> <li>• Lifestyle change</li> </ul>                             |



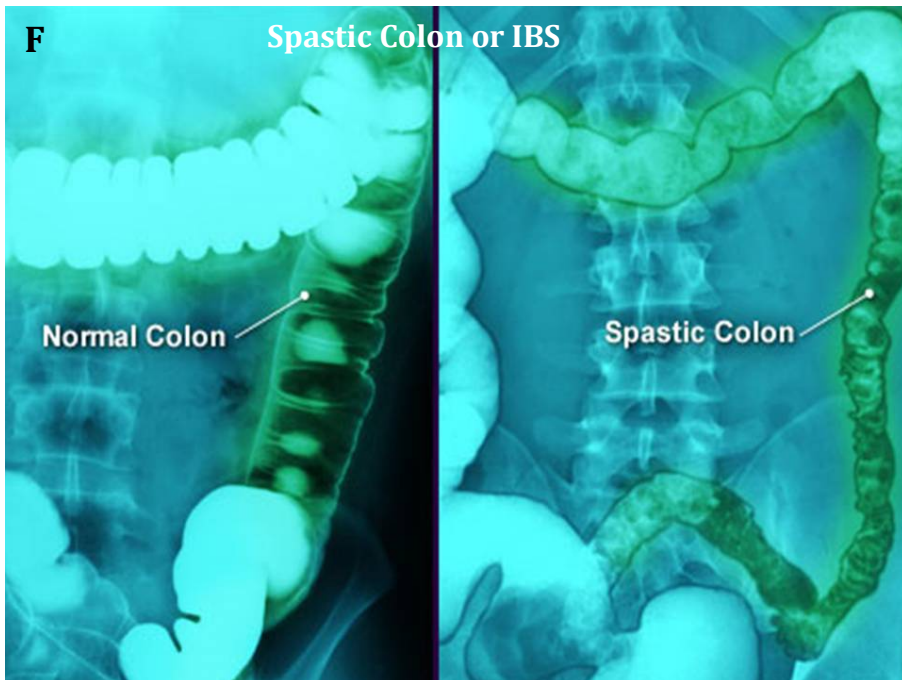
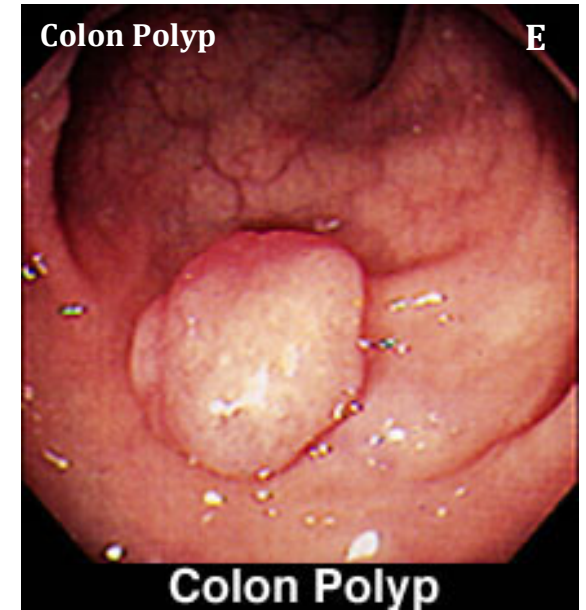
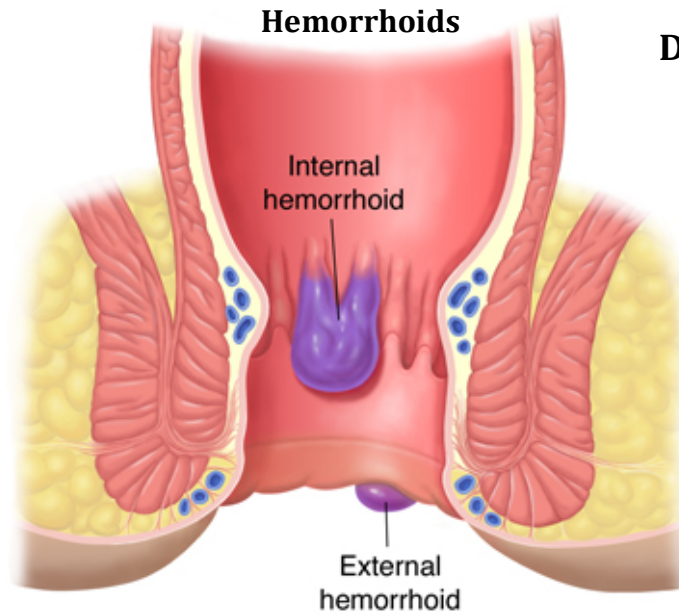
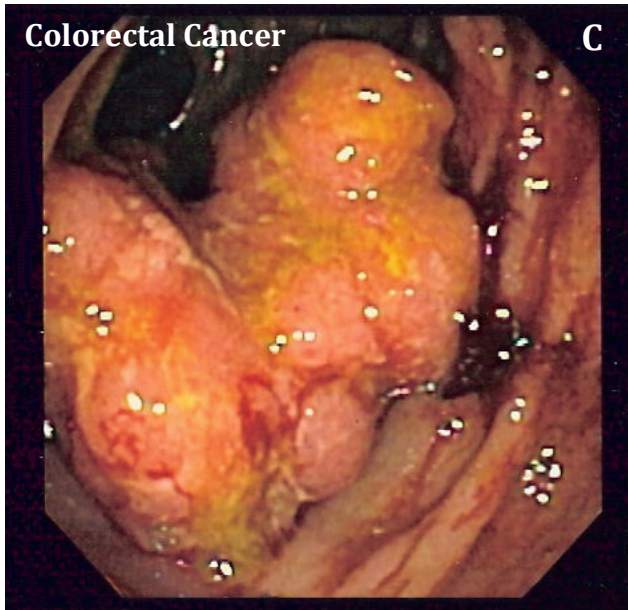
A

Colorectal Cancer Incidence Rates,<sup>a</sup> by State, 2005<sup>†</sup>



B

Images on Back



- A. <http://www.tubero.com/Graphics/diseased%20colon.jpg>  
 B. [http://3.bp.blogspot.com/\\_9mNHNOMqagM/ShvfETeMt-I/AAAAAAAAACW0/LKVQSFTOQq0/s400/ColonCancerRates1.jpg](http://3.bp.blogspot.com/_9mNHNOMqagM/ShvfETeMt-I/AAAAAAAAACW0/LKVQSFTOQq0/s400/ColonCancerRates1.jpg)  
 C. <http://www.ozonewellnesscentre.com/colon-diseases.png>  
 D. [http://upload.wikimedia.org/wikipedia/commons/c/c8/Colorectal\\_cancer\\_endo\\_2.jpg](http://upload.wikimedia.org/wikipedia/commons/c/c8/Colorectal_cancer_endo_2.jpg)  
 E. <http://theidentifiedjournalist.files.wordpress.com/2011/10/spastic-colon.jpg>  
 F & G. <http://www.hemorrhoidnomore.com/images/Int-Ext.jpg>