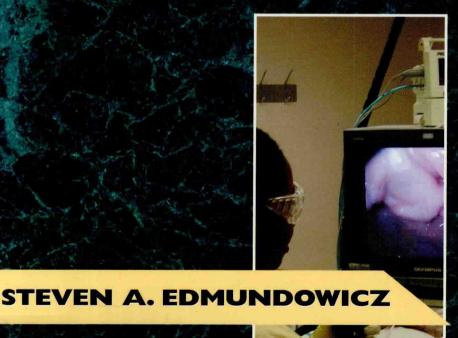


Gastroenterology







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20 COMMON PROBLEMS IN GASTROENTEROLOGY

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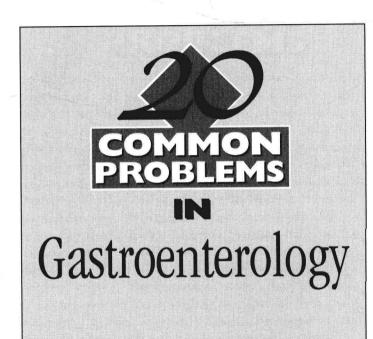
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To my wife, Annemarie, who constantly provides love, encouragement, humor and guidance for me and our four children, Bobby, Cara, Ryan and Brent. Without her presence and support this project and many others would never come to fruition and our family's journey in life could never be as interesting or pleasurable.

—Steven A. Edmundowicz—

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Preface

As medical information continues to expand, the task of managing and applying this information in particular clinical settings becomes more challenging. 20 Common Problems in Gastroenterology is another key text in the McGraw-Hill's 20 Common Problems series that provides concise, practical information for health care professionals. This text focuses on the most common gastroenterologic problems encountered in a primary practice setting and represents a selection of 20 clinical issues that every practitioner of primary care and general Gastroenterology will encounter on a regular basis. The chapters of the text are organized to allow rapid access to the information necessary to evaluate and treat most patients with these problems.

The text is organized into three sections: general Gastroenterology, gastrointestinal bleeding, and hepatic & biliary problems. Each chapter is based on a problem or typical patient presentation in Gastroenterology. The chapters are intended to follow the same general headings for each problem. Familiarity with this structure allows the reader to quickly find similar information regarding different problems. The chapter outline provides a quick reference guide to direct the reader to specific headings

of interest. In addition to the text, most chapters contain a diagnostic and treatment algorithm to provide a general approach to the typical patient presentation. Each chapter contains selected references to guide the interested reader to more detailed information.

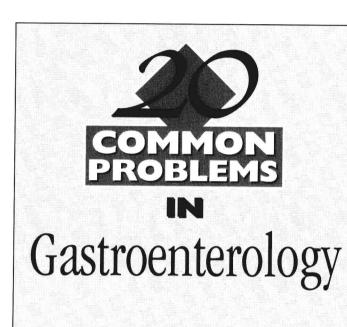
The algorithm and treatment recommendations in this book are provided by authors who are clinically active and use this information in their practice of medicine. By design, algorithms are generalized approaches to specific problems and will not necessarily always provide the most direct or ideal evaluation for a particular patient's condition. However, they are useful guides for evaluating common problems, which is in line with the major goal of this text. One should also be cautioned that practice guidelines and algorithms should be, and in fact are, heavily influenced by evidencebased medicine. This implies that guidelines could change rapidly and dramatically if welldesigned studies are suddenly available. The most recent advances in clinical Gastroenterology have been incorporated into this text; in the future, additional progress will undoubtedly change the approach to some of the 20 problems discussed.

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While this is a work of many, I owe a special thanks to those key individuals who made this text a reality. Dr. Barry Weiss initiated this entire series and personally reviewed each contribution to this text. His enthusiasm and energy for this series has been an inspiration to all involved. I must also thank the many authors and their secretarial staffs who generously contributed their work to this project. Without their time and effort (much of which

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Steven A. Edmundowicz, M.D.



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Part

General Problems





Heartburn

How Common Is Heartburn? Principal Problems and Typical Presentations

Gastroesophageal Reflux Disease Myocardial Ischemia or Infarction Esophageal Motility Disorders and Hypersensitivity

Other Causes of Chest Pain

Physical Examination

Ancillary Tests

Endoscopy Prolonged pH Monitoring Radiology

Provocative Testing

Esophageal Manometric Studies

Therapeutic Trial for Diagnosis

Optimizing the Diagnostic Evaluation

to the Particular Patient

Is There a Complication of Gastroesophageal

Reflux Disease?

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Algorithms

Treatment

Medical Therapy

Nonpharmacologic (Lifestyle) Therapy

Patient-Directed Therapy (Over-the-Counter)

Antisecretory Therapy

Promotility Therapy

Combination Therapy

Maintenance Therapy

Surgical Therapy

Short-Term Outcome

Long-Term Outcome

New Endoluminal Therapies

Summary