

## **Common Diseases of Digestive System With Symptoms, Diagnosis and Management**

### **1. Gastritis**

**Symptoms:** Epigastric pain, nausea, vomiting, indigestion.

**Diagnosis:** Endoscopy, H. pylori test.

**Management:** Antacids, PPIs (Omeprazole), avoid spicy food.

### **2. Peptic Ulcer Disease**

**Symptoms:** Burning stomach pain, melena, hematemesis.

**Diagnosis:** Endoscopy, H. pylori test.

**Management:** PPIs, antibiotics, avoid NSAIDs.

### **3. Gastroenteritis**

**Symptoms:** Diarrhea, vomiting, abdominal cramps, fever.

**Diagnosis:** Stool examination, clinical assessment.

**Management:** ORS, IV fluids, antibiotics if bacterial.

### **4. Diarrhea**

**Symptoms:** Loose stools, dehydration, weakness.

**Diagnosis:** Stool test, electrolyte levels.

**Management:** ORS, zinc, fluids.

### **5. Constipation**

**Symptoms:** Hard stools, straining, abdominal discomfort.

**Diagnosis:** History, abdominal examination.

**Management:** High fiber diet, laxatives, fluids.

### **6. Appendicitis**

**Symptoms:** Right lower abdominal pain, fever, nausea.

**Diagnosis:** CBC, ultrasound, CT scan.

**Management:** Appendectomy, antibiotics.

### **7. Hepatitis**

**Symptoms:** Jaundice, fatigue, dark urine, anorexia.

**Diagnosis:** Liver function tests, viral markers.

**Management:** Rest, antivirals, avoid alcohol.

### **8. Gallstones**

**Symptoms:** Right upper abdominal pain, nausea, fatty food intolerance.

**Diagnosis:** Ultrasound abdomen.

**Management:** Analgesics, cholecystectomy.

### **9. Hemorrhoids**

**Symptoms:** Bleeding per rectum, pain, itching.

**Diagnosis:** Proctoscopy, physical examination.

**Management:** Fiber diet, sitz bath, surgery if severe.

### **10. Intestinal Obstruction**

**Symptoms:** Severe abdominal pain, vomiting, distension.

**Diagnosis:** X-ray abdomen, CT scan.

**Management:** NPO, NG tube, IV fluids, surgery.