

## Digestive Disorder

**Organic GI Disorders:** Result from structural abnormalities in the digestive system, hindering proper function.

**Functional GI Disorders:** Occur despite a structurally normal GI tract but exhibit impaired function.

### Common Digestive Disorders:

- Irritable Bowel Syndrome (IBS): Characterized by abdominal pain, diarrhea, constipation, or both, alongside symptoms like bloating and incomplete bowel movements.
- Small Intestinal Bacterial Overgrowth (SIBO): Manifests as bloating, diarrhea, or constipation due to bacteria migrating to the small intestine.
- Gastroesophageal Reflux Disease (GERD): Involves frequent acid reflux, heartburn, chest pain, and nausea from stomach contents entering the esophagus.
- Gallstones: Formation of small stones in the gallbladder, causing pain, jaundice, nausea, and vomiting.
- Celiac Disease: Autoimmune reaction to gluten, leading to gastrointestinal symptoms like diarrhea, constipation, and abdominal pain.
- Crohn's Disease: Chronic inflammation in the GI tract, causing symptoms such as diarrhea, weight loss, and abdominal pain.
- Ulcerative Colitis (UC): Inflammation in the rectum and colon, resulting in symptoms like diarrhea, weight loss, and fatigue.

### Less Common Digestive Disorders:

- Hirschsprung's Disease: Presents with constipation, vomiting, and swollen abdomen in newborns due to an inability to relax the internal anal sphincter.
- Achalasia: Difficulty swallowing, heartburn, and regurgitation caused by esophageal muscle dysfunction.
- Ménétrier Disease: Overgrowth of the stomach lining, leading to symptoms such as stomach pain, nausea, and diarrhea.

### Seeking Medical Attention:

- Individuals experiencing severe or worsening symptoms should consult a doctor promptly.
- Symptoms lasting over 8 hours, jaundice, or unexplained weight loss require immediate attention.
- Recurring symptoms or sudden changes affecting daily life warrant medical assessment.

**Diagnostic Process:** Doctors may conduct physical exams, review medical history, and order tests like blood tests, endoscopy, or imaging to diagnose digestive disorders. Collaboration with various healthcare professionals may be necessary for accurate diagnosis and treatment planning.

