

Insights of Gastroenteritis

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Description

Gastroenteritis (stomach flu) is a common, worldwide disease and almost everyone suffers from it a few times in their life because it is almost impossible to avoid contact with some of the viral and bacterial causes. It is an illness triggered by the infection and inflammation of the digestive system. Typical symptoms include abdominal cramps, diarrhea and vomiting. In many cases, the condition heals itself within a few days. The main complication of gastroenteritis is dehydration, but this can be prevented if the fluid lost in vomit and diarrhea is replaced. A person suffering from severe gastroenteritis may need fluids administered intravenously (directly into the blood stream via a vein – the setup is often referred to as a 'drip'). Some of the causes of gastroenteritis include viruses, bacteria, bacterial toxins, parasites, particular chemicals and some drugs.

The most common cause of gastroenteritis is a virus. The main types are rotavirus and nor virus. Rotavirus is the world's most common cause of diarrhea in infants and young children. Nor viruses the most common cause of serious gastroenteritis and also foodborne disease outbreaks in the U.S. Parasites can also cause gastroenteritis, but it's not common. You can pick up organisms such as giardia and cryptosporidium in contaminated swimming pools or by drinking contaminated water.

Gastroenteritis is contagious. The large majority of causes (viral and bacterial) of gastroenteritis are contagious, usually through food or water contamination. In addition, they can be transferred person to person. Exposures to body fluids (for example, feces or Droplets containing infectious agents) are common sources that transmit the disease to others (See transmission section). A few causes of gastroenteritis are not contagious, for example, food allergies or the side effects of medications.

Endoscopic ultrasound guided treatment is a new modality for treatment of GV and this has emerged as a valuable tool for diagnosis, treatment planning, evaluation of treatment efficacy, estimation of recurrent bleeding potential and also helps visualize varies, perforating veins, collateral veins and allows predict varies at high risk. Romero Castro et al. in their small case series injected cyanoacrylate-lipiodol into GV at the level of perforating veins, under EUS guidance. All the procedures were successful, without recurrent bleeding or other complications during follow up. They postulated that targeting perforating veins would produce the maximal blood-flow blockage, with the lower amounts of cyanoacrylate needed, therefore reducing the rate of potential local and systemic complications.

Conclusion

Gastroenteritis is a very common condition that causes diarrhea and vomiting. It's usually caused by a bacterial or viral tummy bug. In some cases, adults can take over-the-counter medicines such as loperamide (Imodium) and bismuth subsalicylate (Pepto-Bismol, Kaopectate) to treat diarrhea caused by viral gastroenteritis. Hand washing, using soap and running water, is the best way to prevent the virus from spreading to other members of the family. Gastroenterology is the field of medicine that deals with the study of digestive system and diseases of related organs. Gastroenterology encompasses the study of diseases affecting the Gastrointestinal tract includes the organs from mouth to anus including alimentary canal and covers the treatment of digestive system diseases.

Gastroenteritis is typically diagnosed clinically, based on a person's signs and symptoms. Determining the exact cause is usually not needed as it does not alter management of the condition.

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