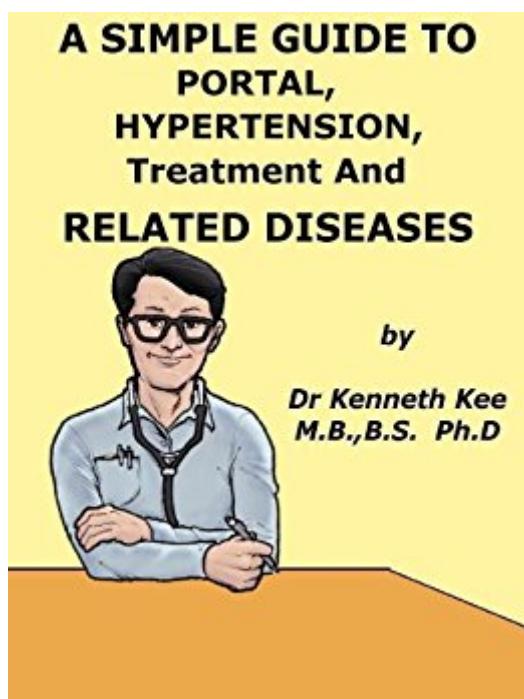


The book was found

A Simple Guide To Portal Hypertension, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



Synopsis

IntroductionOde to Portal HypertensionPortal hypertension refers to the increase in vascular resistanceTo the portal blood flow resulting in the increased portal tensionIncreased portal venous pressure increase the water load from heart failureThe increased cardiac output comes from increased portal arterial pressureIncreased blood flow in the portal veins is due to liver cirrhosisWith it as a sign of portal hypertension and cirrhosis comes ascitesMany people with ascites have abdominal swelling.As a result there may be difficulty in breathingOne indicator of ascites is the presence of shifting dullnessThe fluid in the abdominal cavity is causing the fullnessThere are abdominal pain and discomfort, nausea and vomitingPortal Hypertension can cause esophageal variceal bleedingThe focus is on the treatment of variceal hemorrhageBetablockers such as propanolol and carvedilol can reduce the pressurePreventing variceal bleeds can be done by endoscopic vein ligationSurgical procedures can be done by the esophageal devascularization-An original poem by Kenneth KeeInteresting Tips about the Portal HypertensionA Healthy Lifestyle1. Take a well Balanced Diet2. The portal hypertension itself is difficult to treat effectively except by:
A. Drug treatments
a. Betablockers
b. Carvedilol (a nonselective betablocker with anti-alpha1-adrenergic effects) showed promising results in a recent study, and may have a role in preventing variceal bleeds.
c. Nitrates
d. Vasoactive drugs
B. Endoscopic procedures
a. Endoscopy - to detect and monitor esophageal varices
b. Endoscopic vein ligation - to prevent bleeding of esophageal varices
c. For gastric varices with acute bleeding, endoscopic variceal obturation with tissue adhesives (e.g. cyanoacrylate) is effective
C. Transjugular intrahepatic portosystemic shunt (TIPS)
This is a radiological procedure, connecting the portal and hepatic veins using a stent.The purpose of TIPS is to decompress the portal venous system to prevent rebleeding from varices or to reduce the formation of ascites.
D. Surgical procedures
a. Surgical portosystemic shunts
b. Devascularization procedures
c. Treatment of rectal varices
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2-3 hours a week.
One way to do this is to be active 30 minutes a day at least 5 days a week.
Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.
Alcohol use also increases the chance of falling and breaking a bone.
Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking.
It

also interferes with blood supply and healing. Chapter 1 Portal hypertension
Portal hypertension refers to abnormally high pressure in the hepatic portal vein. It is defined as a portal pressure of 12 mm Hg or more (compared with the normal 5-10 mm Hg). Cirrhosis is a common cause. Causes of portal hypertension:
a. Prehepatic - blockage of the portal vein before the liver.
i. Congenital atresia or stenosis.
ii. Portal-vein thrombosis (umbilical and portal sepsis, malignancy, hyper coagulable states, pancreatitis)
iii. Splenic vein thrombosis.
b. Hepatic
i. Cirrhosis.
ii. Chronic hepatitis.
iii.

Schistosomiasis

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