6.3 Health and the Digestive System

In this section, you will:

• **Recognize** and **appreciate** the relationship between health and nutritional decisions
• **Identify** conditions that adversely affect the health of the digestive system and the technologies that are available to treat them

**Endoscopy**

• Gastroenterologists (doctors focused on the digestive system and its disorders) use a procedure called **endoscopy** to examine the interior of the digestive tract.
• An endoscope can be inserted via mouth or anus (colonoscopy).

**Capsule Endoscopy**

• A less invasive method of endoscopy.
• Capsule is fitted with a disposable mini video camera which is swallowed by the patient.
Ulcers
- Hole in the digestive tract (i.e. stomach)
- Caused by *Helicobacter pylori*
- Risk factors: smoking, caffeine, alcohol stress
- Treatment: medications, antibiotics, lifestyle changes, surgery

Inflammatory Bowel Disease
- Ex. Crohn’s disease
  - Ileum affected
  - Inherited
  - Chronic
  - No cure
- Colitis
  - Innermost lining only
  - Treatment: Medication to reduce pain, Surgery.

Hepatitis
- Hepatitis A, B, C, D, E
- A- Transmitted fecal-oral; self limiting; found in food and water; vaccine available
- C- Transmitted blood-blood contact no vaccine; liver disease
- D- blood-blood; need Hep B to become infected; no vaccine; lover disease
- E- transmitted through fecal contamination in water; no vaccine; can be fatal

Hepatitis B= STI
- Transmitted through sexual contact and blood-blood contact or bodily fluid exchange.
- Symptoms= flu-like, fever, headache, nausea, loss of appetite, and abdominal pain.
- Can cause liver failure
- Can cross the placenta to affect unborn children (as can Hep C and D)
- Can recover completely.
- Vaccine available.
Cirrhosis

- Chronic
- Liver tissue is replaced with scar tissue
- Causes: chronic alcoholism and hepatitis C
- Liver can regenerate - may need transplant

Gallstones

- Risk factors:
  - Obesity
  - Alcohol intake
  - Hereditary

- Which macromolecule would be harder to digest without the gall bladder?

Eating Disorders

- Anorexia nervosa
- Bulimia nervosa
- Obesity

Homework

- Chapter 6 Review – Understanding Concepts
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