



SPECTRUM OF UPPER GASTROINTESTINAL ENDOSCOPY FINDINGS IN DHANALAKSHMI SRINIVASAN MEDICAL COLLEGE AND HOSPITAL

General Surgery

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ABSTRACT

Background: Endoscopy as diagnostic and therapeutic tool has grown in recent years. Upper gastrointestinal endoscopy is one of the most fascinating branch which serves not only as a means of resolving or amplifying the diagnosis made clinically, but also a primary diagnostic procedure. This study was conducted to study the spectrum of diseases found during the upper gastrointestinal endoscopy in patients presenting in Dhanalakshmi Srinivasan medical college and hospital. **Methods:** This was a retrospective observational study carried in Department of General Surgery Dhanalakshmi Srinivasan Medical College and Hospital. The endoscopic register of the patients who underwent UGI endoscopy for various reasons from January 2019 to December 2021 was analysed. **Results:** All together 275 upper GI endoscopy was performed in three years. There were 145 males (52.72%) and 130 (47.38%) females. The mean age was 45.7 years. Most of the patients belonged to the age group 41 to 70. Among total patients 104 of them were found to be macroscopically normal. Of those who had positive endoscopic findings; 82 had gastritis and 18 had duodenal ulcer, oesophageal varices in 15, gastric carcinoma in 4 cases. **Conclusion:** Upper gastrointestinal endoscopy is a safe and useful procedure for investigating patients with gastrointestinal complaints. Gastritis was the most common finding.

KEYWORDS

endoscopy, gastritis, peptic ulcer disease, varices

INTRODUCTION

Gastrointestinal tract related abnormalities are rising with change in lifestyle^{1,2}. The direct visualization of the upper gastrointestinal mucosa and to perform various diagnostic and therapeutic procedures make endoscopy superior to other investigations^{4,5}. It is performed by passing flexible endoscope through the mouth into the esophagus, stomach and duodenum. Endoscopy has decreased the need for surgery and lowered the mortality rate.

METHODS

Patients presenting with various upper gastrointestinal complaints in dhanalakshmi srinivasan medical college and hospital were retrospectively analyzed. The endoscopic register was reviewed from January 2019 to December 2021, total duration of three years. All patients were subjected to upper GI endoscopy after taking prior consent.

Premedication was given lidocaine mouth spray. The endoscope was disinfected with 2% glutaraldehyde solution before and after the procedure. Upper gastrointestinal mucosa was carefully examined for inflammation, erosions and ulceration. Biopsy and histopathological examination was carried out wherever indicated.

RESULTS

A total of 275 upper GI endoscopy were performed in three years from January 2019 to December 2021, the male to female ratio was 1.1:1. The age range was between 20 to 70 years. The mean age was 45 years. Majority were in the age group 41 to 70 years. Regarding the endoscopic findings majority of the patients had gastritis 82(48.4%). Duodenal ulcer was found in 18(10.6%) patients, Duodenitis 16(9.7%), Esophageal varices 15(8.8%), Gastric ulcer 11(6.7%).

DISCUSSION

UGI endoscopy is a standout amongst the most precise, speedy and economical investigative instruments for a broad range of gastrointestinal disorders, particularly under situations when other investigations are not convincing. UGI scopy also has a time-honoured curativerole successfully betreated at endoscopy. Therefore, even with changing indications over a period, the disorders requiring UGI scopy for diagnostic or therapeutic purposes have demonstrated an increasing tendency.

This study is based on retrospective analysis of patients presenting with various UGI complaints. The procedure was safe and there was no major complications. Majority of the patient who underwent endoscopy were male and the majority in the age group 41 to 70⁷.

The most frequent disorder diagnosed by upper GI scopy was gastritis. One reason of this result is that still helicobacter pylori infection

prevalence is high in Asian countries. In addition, these patients of gastritis probably include functional dyspepsia patients, who have chronic upper gastrointestinal symptoms with no mucosal lesion on endoscopy. Duodenal ulcer was quite high which might be related to high rate of H.pylori infection and it is more common in developing countries^{9,11}.

Gastric ulcer was found in 11(6.7%)¹². Esophageal varices was quiet common which turned out to be due to high rate of alcohol. Alcohol is one of the risk factor for cirrhosis of liver and esophageal varices. Regarding alcohol there was non-significant relation with occurrence of peptic ulcer disease. Alcohol in high concentrations damages gastric mucosal barrier to hydrogen ions and is associated with acute gastric mucosal lesions. Alcohol also stimulates acid secretion. Despite these effects, there is no evidence that alcohol intake exacerbates chronic peptic ulcer disease.

Retrospective nature of the study is the main limitation, due to which we could not follow the outcome of those patients with various diagnosis.

CONCLUSION

Gastritis is still the most common endoscopic finding in our study. The incidence of disease was highest among the elderly age group.

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