

Chronic Pancreatitis

Definition

A chronic disease of the pancreas as a result of multiple episodes of acute pancreatitis.

The condition is normally as a result of excessive alcohol abuse and.

Causes, Incidence & Risks

- Primary cause is **alcoholism**
- Secondary cause include
 - hereditary
 - hyperparathyroidism
 - stenosis, obstruction, carcinoma
 - very severe acute pancreatitis
 - cysticfibrosis

Symptoms

- Abdominal pain referred to the back
- WF
 - Vigorous movement
 - coughing
 - deep breathing
- Boring in quality and persistent (hrs/days)
- Nausea
- Vomiting

Eventually with progressive destruction of the pancreas production of pancreatic enzymes decreases leading to...

- Steatorrhoea (fatty stools)
- Creatorrhoea (undigested meat in stools)
- Glucose intolerance leading to diabetes

Tests

- X-Ray (pancreatic calcification – intraductal stones)
- CT/Ultrasound scan (abnormal size/consistency)
- Test for Diabetes

Treatment

- As for acute episode
- Fasting & IV fluid when acute
- Diet advice (uncertain results), Vitamin supplements
- H2 blockers or antacids
- Pancreatic enzyme supplementation (pain relief)
- Surgical removal of the head or tail of the pancreas (pain relief)
- Surgical nerve blocking celiac plexus
- IM Insulin

Prevention

- Avoid excessive alcohol consumption

Prognosis

- Debilitating disease, eventually kills

Complications

- Diabetes
- Acute episodes
- Malabsorption syndrome (vit A,D,E,&K)
- Pseudocyst