This program is sponsored by the International Foundation for Gastrointestinal Disorders. The views and opinions expressed in this presentation do not necessarily reflect the official position of IFFGD. Information and resources shared should not replace any medical care you are receiving. Finally, it is important to always consult with your doctor or other health care provider before making decisions about your treatment.

The following slides were presented during the Nancy and Bill Norton Education Series Event at the University of Michigan Food for Life Kitchen. To view this presentation and the all videos available during this program, please visit http://bit.ly/NES2020MI.

Shanti Eswaran, MD
Clinical Associate Professor
Division of Gastroenterology
University of Michigan
Ann Arbor, MI, USA
Digestive system

Gut

GI tract

A series of organs

Esophagus

- Muscular tube connecting the throat to the stomach
- Waves of contractions- “peristalsis”
- Lower esophageal sphincter (LES)
Common Disorders of the Esophagus

- GERD (gastroesophageal reflux disease)
- Strictures
- Barrett’s Esophagus
- Motility disorders

Stomach

- Strong muscular walls
- Holds food
- Mixes with acid and enzymes
- Pyloric sphincter/pylorus
Common Stomach Disorders

- Peptic ulcer disease
- Gastroparesis
  - Slow stomach emptying
- Functional dyspepsia

Small Bowel

- Longest portion
  - 20 feet long
- 3 segments
  - Duodenum
  - Jejunum
  - Ileum
- Mixing and absorption of nutrients
  - Villi
Common Disorders of the Small Bowel

• Celiac disease
• Crohn’s disease
• Infections
• Irritable bowel syndrome

Pancreas & Biliary System

• Pancreas
  • Produces digestive enzymes that help break down proteins, carbohydrates and fats.

• Liver
  • Produces bile, a solution that helps you digest fats.

• Gallbladder
  • Stores bile
Pancreas & Biliary System Disorders

- Pancreatitis
- Pancreatic insufficiency
- Pancreatic cysts/cancer

- Fatty liver disease
- Cirrhosis

- Gallstones
- Infection

Colon

- 5- to 7-foot-long muscular tube that connects the small intestine to the rectum

- Processes waste so that defecation is easy and convenient

- Fluid absorption
**Common Colonic Conditions**

- Constipation
- Diarrhea
- Irritable bowel syndrome
- Ulcerative Colitis
- Colon polyps and cancer

**Rectum & Anus**

- **Rectum:**
  - connects the colon to the anus.
  - sends signals to the brain if there is stool to be evacuated, and holds stool until evacuation can happen.

- **Anus:**
  - Pelvic floor muscles
  - Two anal sphincters
    - internal and external
  - Control defecation
Common Anorectal Disorders

- Anal fissures
- Hemorrhoids
- Fecal incontinence
- Pelvic floor dyssynergia
- Rectal prolapse