

healthpedia

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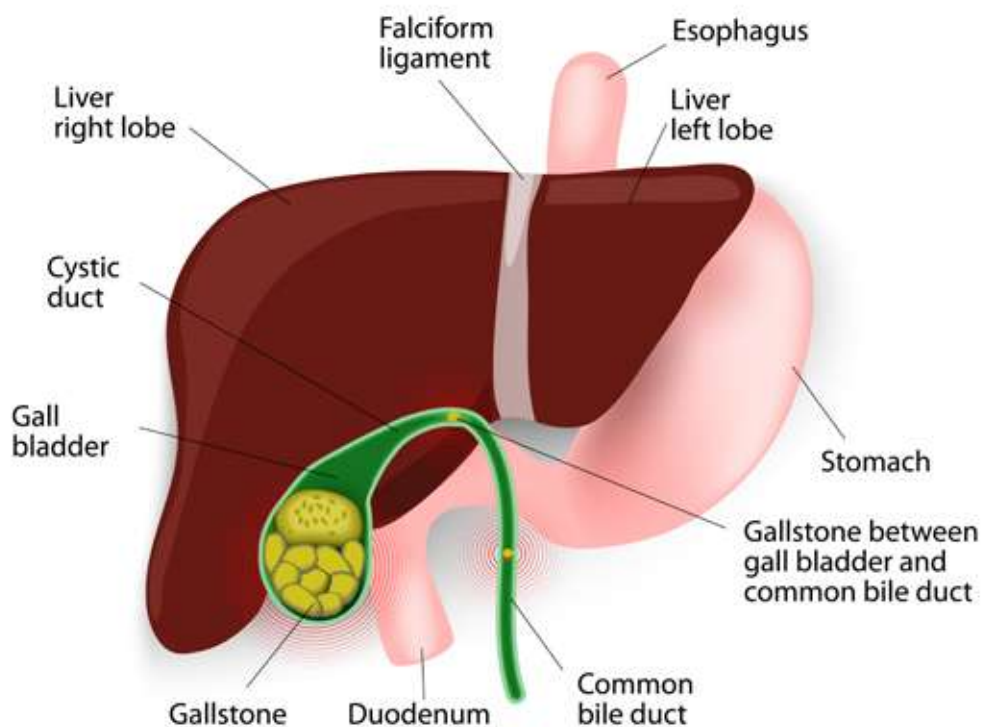


UNDERSTANDING GALLSTONES

What are Gallstones?

Gallstones are hardened deposits of digestive fluids that form crystals inside the gallbladder.

When gallstones block the bile ducts of your biliary tract, the gallstones can cause sudden pain in your upper right abdomen.



Gallstones can range from the size of a grain to that of a golf-ball.

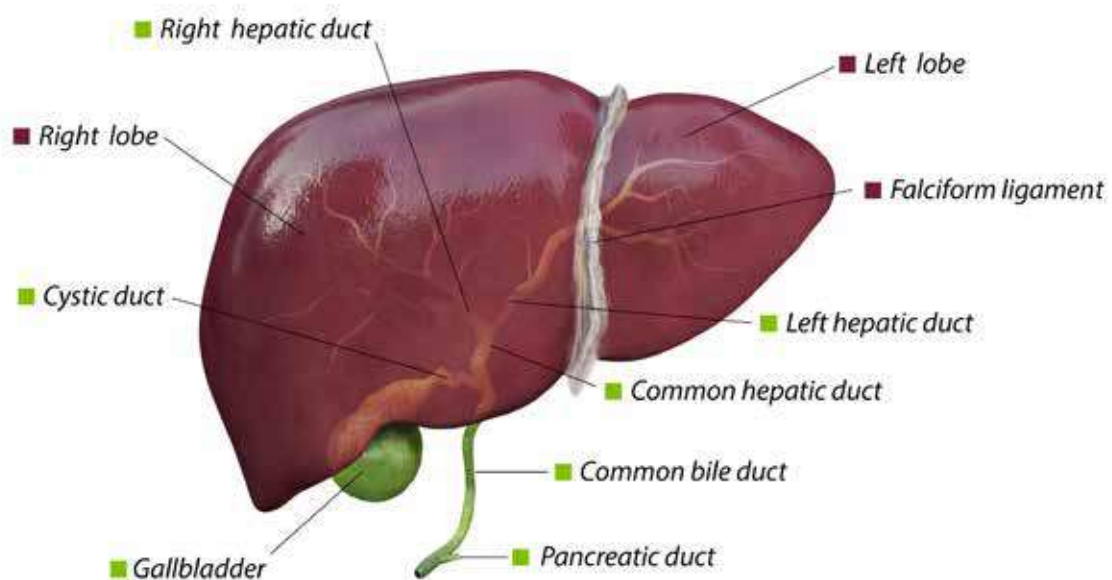
They block the bile duct causing an inflammation or infection of the gallbladder.

Many people suffering from gallstones report no symptoms. These types of gallstones are called silent gallstones.

What is Gallbladder?

Gallbladder is a vital pear shaped organ, found in the upper right side of the abdomen, that stores and releases bile juices to break down fats.

Anatomy of human liver and gallbladder



Gallstones are pebble-like objects made out of bile pigments and enzymes. They are created when substances found in bile, like cholesterol, harden.

Pain caused by gallstone issues usually lasts for only a few hours, but it can feel severe.

Types of Gallstones : 2 types

Cholesterol Stone- Yellow-green in colour and most commonly found due to high levels of cholesterol in bile constituents.

Pigment Stone- Dark coloured stones found due to high levels of bilirubin in the bile.

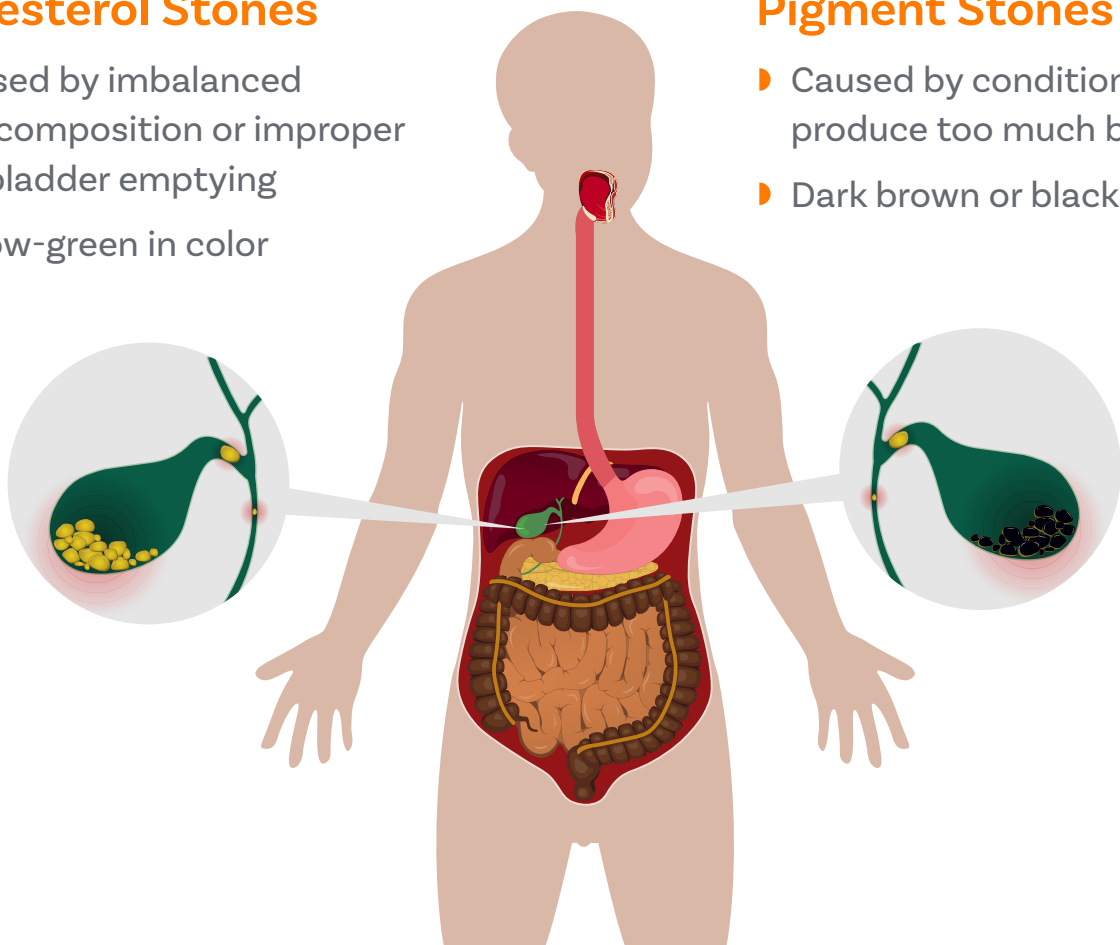
Types of Gallstones

Cholesterol Stones

- ▶ Caused by imbalanced bile composition or improper gallbladder emptying
- ▶ Yellow-green in color

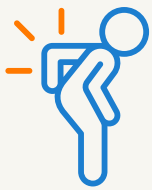
Pigment Stones

- ▶ Caused by conditions that produce too much bilirubin
- ▶ Dark brown or black in color



Symptoms

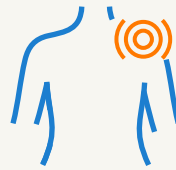
When gallstones are left untreated or unidentified, the following symptoms may be seen:



Sharp pain
in back &
abdomen



Nausea
and
vomiting



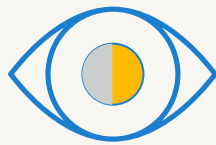
Pain on the
right shoulder
/back



Itchy
skin



Fever
and
chills



Yellowing of
the skin and
eyes



Indigestion,
heartburn and
gastritis



Confusion

The presence of gallstones does not directly result in pain. Rather, the pain only arises when gallstones obstruct the flow of bile from the gallbladder.

Causes

- ▶ Excessive cholesterol in bile
- ▶ Uncontrolled bilirubin level in bile
- ▶ Gallbladder not functioning properly
- ▶ Insufficient bile salts in bile

Gallstones can block the bile duct causing an inflammation or infection of the gallbladder that can lead to life-threatening complications like Cholecystitis.

Risk factors

- ▶ Females post pregnancy.
- ▶ Ageing (40 years or older).
- ▶ Overweight or high BMI.
- ▶ Diabetes and infections of the liver/bile ducts.
- ▶ Family history of gallstones.
- ▶ Sedentary lifestyle.
- ▶ High fat and cholesterol diet.

What are the complications of Gallstones?

If Gallstones veins are left untreated, it can lead to several complications, like:

- ▶ Probability of inflamed gallbladder (cholecystitis).
- ▶ Can lead to severe damage of the gallbladder.
- ▶ Chances of bile/pancreatic duct blockage.
- ▶ Likelihood of gallbladder cancer.
- ▶ Increased and worsening pain and symptoms.
- ▶ Chances of jaundice.

Unlike kidney stones, gallstones do not pass out in the urine. Therefore, symptomatic gallstones require medical intervention.

How to prevent Gallstones?

- 1** Adjusting the eating plan to include more foods high in fibre and healthy fats.
- 2** Consuming fewer refined carbohydrates and less sugar.
- 3** Losing weight safely and gradually if you are overweight or have obesity.
- 4** Maintaining a healthy lifestyle through regular physical activity.
- 5** Avoid regularly drinking any amount of alcohol.
- 6** Take preventative medications, on the consultation of your physician.
- 7** Control blood sugar as diabetics are at high risk of gallstone.
- 8** Fat and cholesterol regulation reduces chances of gallstone formation.

What to do after getting diagnosed with Gallstones?

- ▶ Make an early appointment with a Physician.
- ▶ Follow a healthy and active lifestyle.
- ▶ Drink plenty of water and fibre rich food items.
- ▶ Use doctor's prescribed painkillers to relieve pain/discomfort.
- ▶ Utilise and try home therapies to relieve the symptoms naturally.
- ▶ Control and manage your weight.



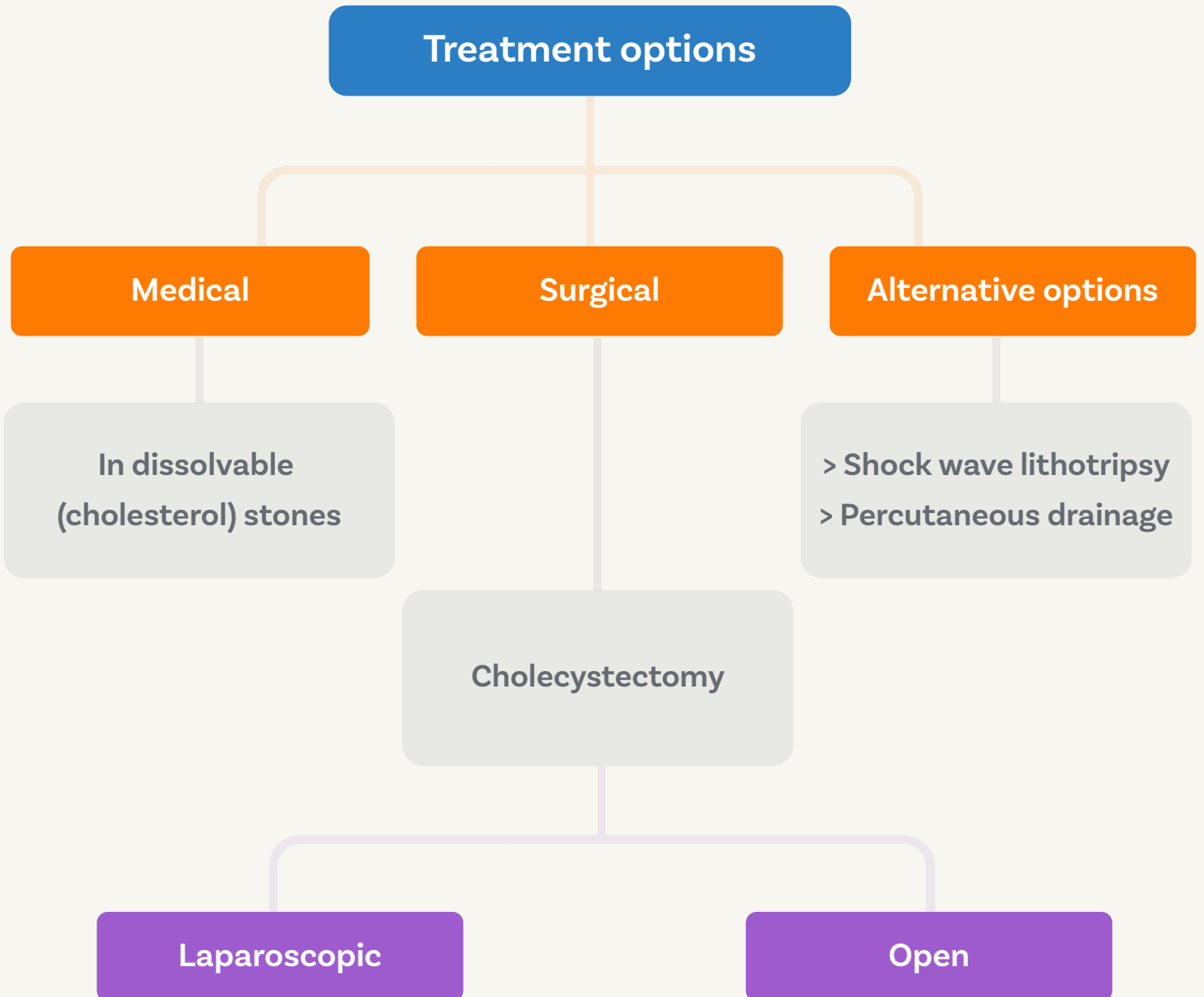
When to consult a Doctor?

If you suffer from the symptoms of gallstones consult a Physician as soon as possible. A well experienced and trained Doctor will help you diagnose or rule out gallstones.

Post consultation, you can opt for a safe surgical method of intervention or an alternative therapy of choice.



What are treatment options for Gallstones



Advantages of Gallstone Laparoscopic treatment

- ▶ Complete recovery for laparoscopy procedure takes 2 to 4 weeks.
- ▶ One can resume their daily lifestyle in 1 to 2 weeks
- ▶ Minimally painful, with no/minimal blood loss.
- ▶ Same day discharge or hospitalisation for 1 day
- ▶ In the long term, laparoscopic treatment is cost-effective.
- ▶ Higher success rate with quick recovery period.



Do's & Don'ts post-procedure

DO'S

Keep your wounds clean and dry to prevent infection

Eat soft foods and more fibre rich diet

Go for a small walk to prevent blood clot formation

Eat a healthy and balanced diet

Look out for any occurrence of original symptoms

DON'TS

Strenuous exercise or gymming

Smoking or alcohol consumption

Drive until you are comfortable to wear a seatbelt and apply brakes

Consume fast food or fat rich food

Indulge in sexual activities until complete recovery



**Pristyn
Care**

