

The background of the slide is a light gray gradient, decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle, scattered across the top and bottom edges of the frame.

# APPROACH TOWARDS PATIENT WITH ESOPHAGEAL DISEASES

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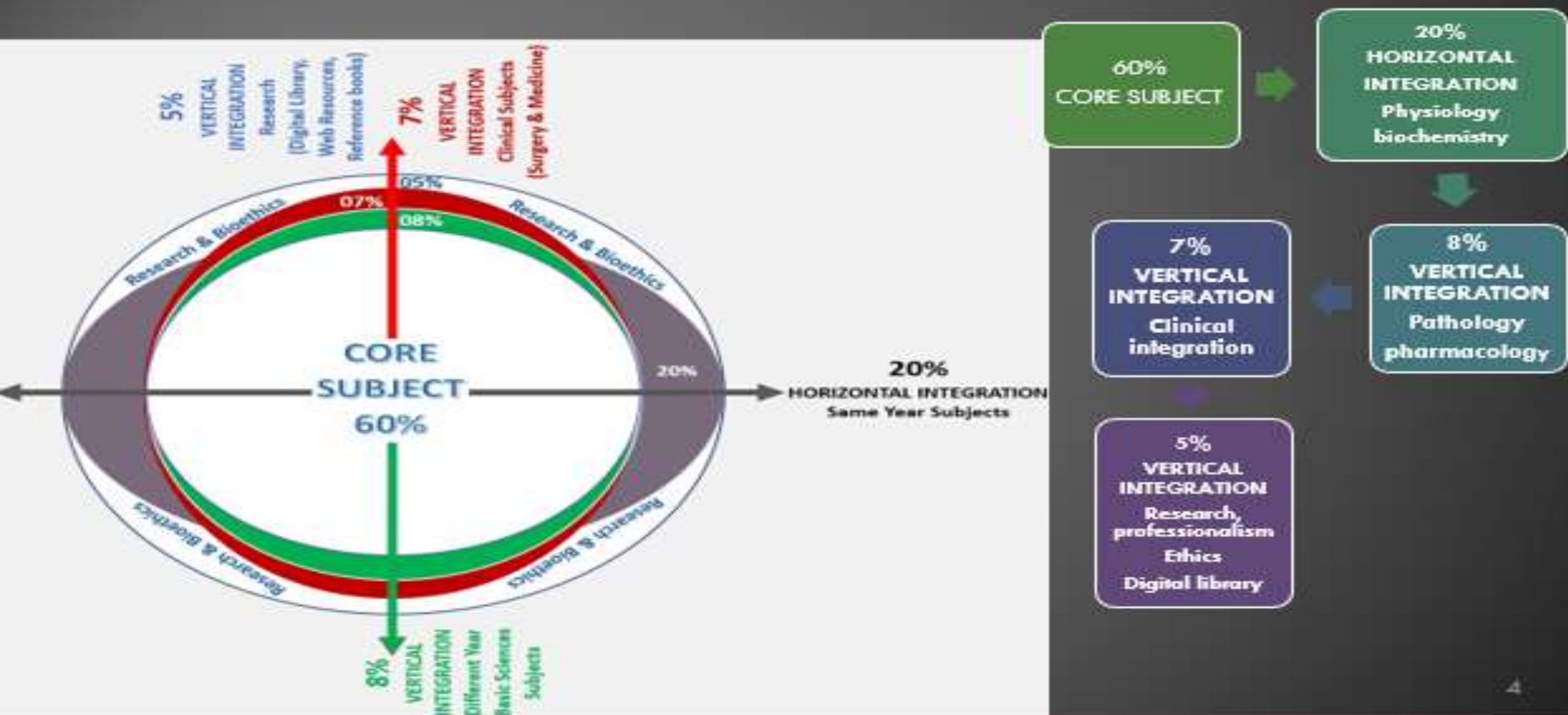


## MOTTO AND VISION

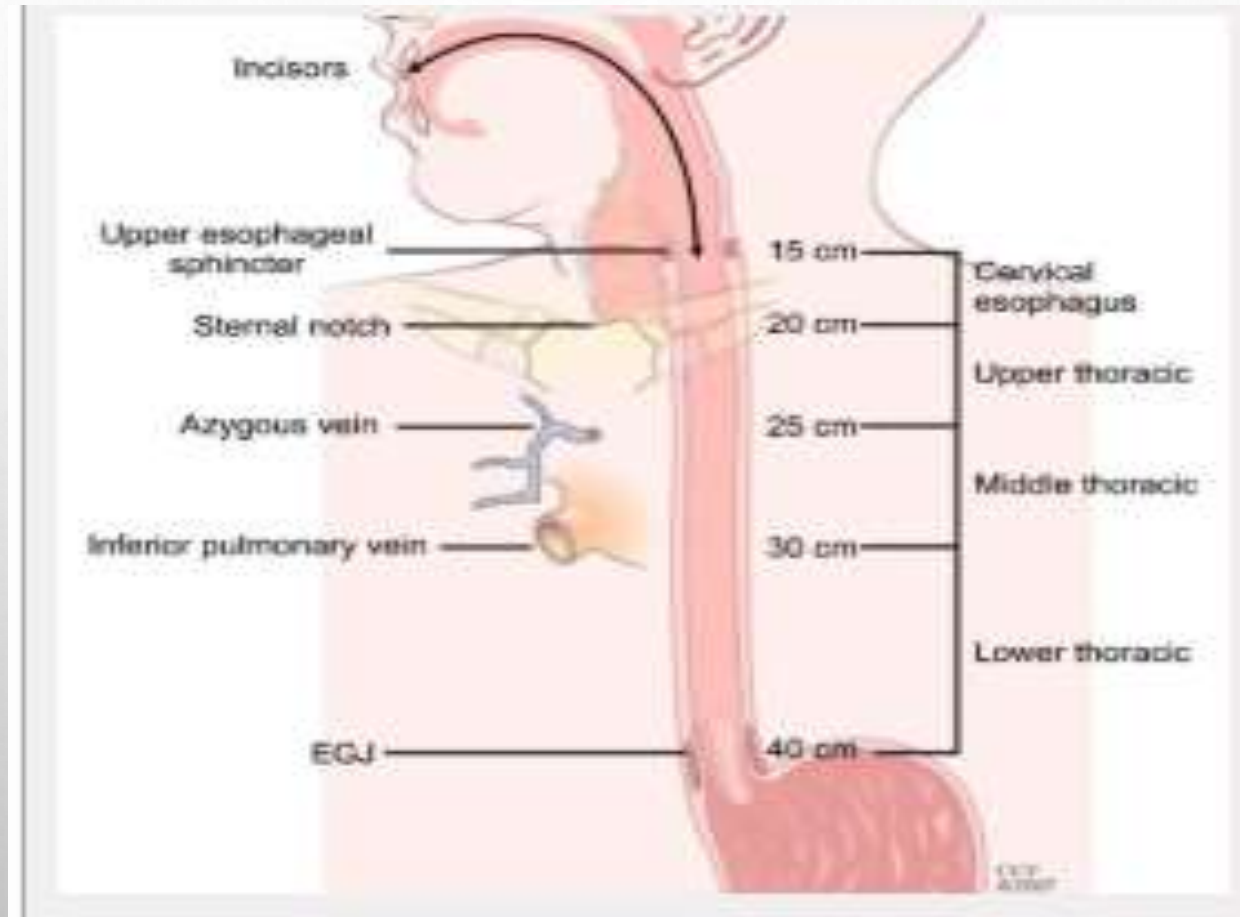


- To impart evidence-based research-oriented medical education
- To provide the best possible patient care
- To inculcate the values of mutual respect and ethical practice of medicine

# Professor Umar Model of Integrated Lecture

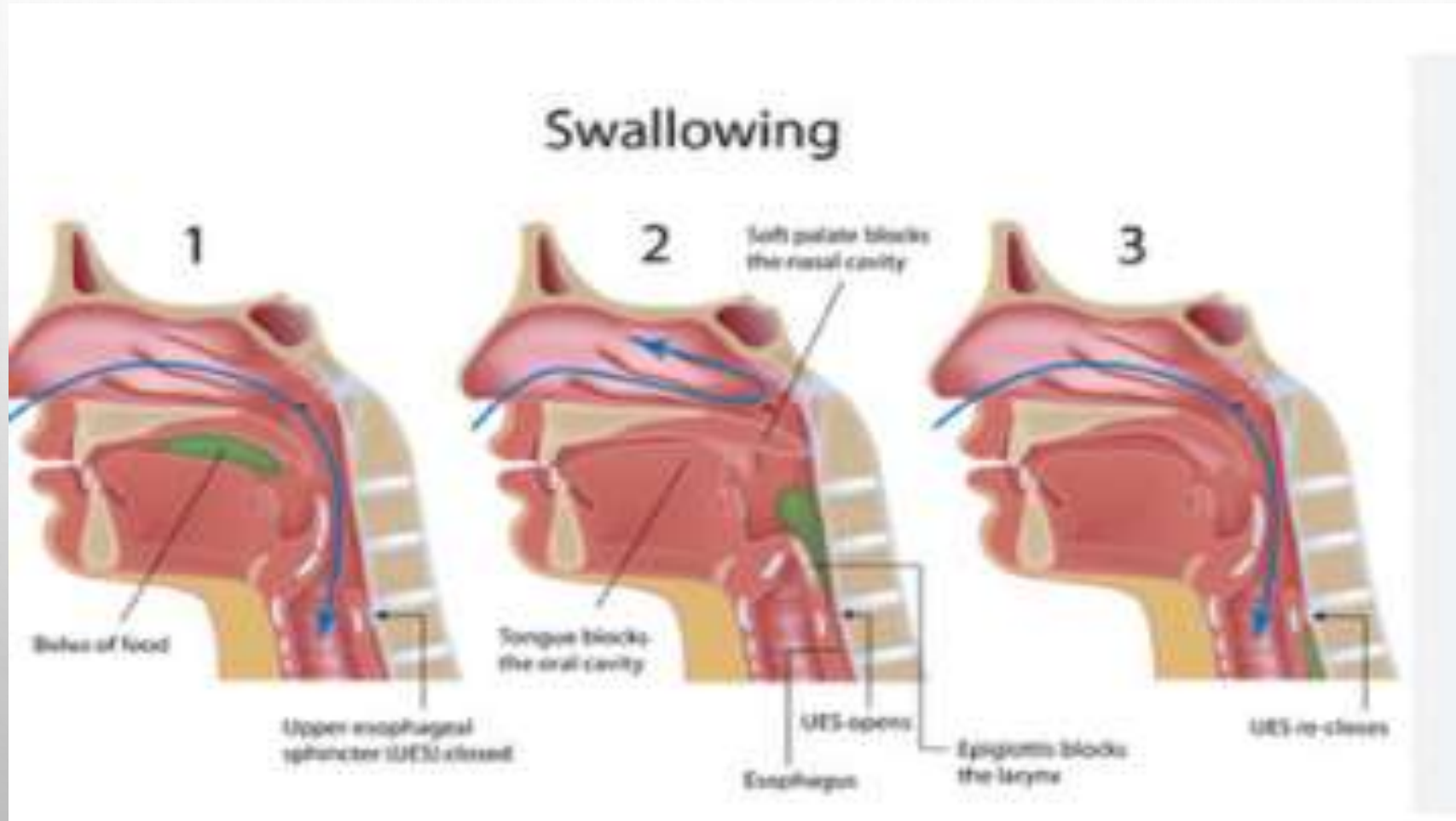


# ANATOMY OF ESOPHAGUS:





# PHYSIOLOGY OF ESOPHAGUS:





# COMMON SYMPTOMS OF ESOPHAGEAL DISEASES

- *DYSPHAGIA* (DIFFICULTY SWALLOWING) – TYPES: OROPHARYNGEAL VS. ESOPHAGEAL.
  - *ODYNOPHAGIA* (PAINFUL SWALLOWING) – SEEN IN INFECTIONS, INFLAMMATION.
  - *OTHER SYMPTOMS* – HEARTBURN, REGURGITATION, CHEST PAIN, WEIGHT LOSS.
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# CLASSIFICATION OF ESOPHAGEAL DISEASES

*Structural Diseases* – Strictures, tumors, diverticula.

*Motility Disorders* – Achalasia, diffuse esophageal spasm.

*Inflammatory Conditions* – GERD, esophagitis, infections (Candida, HSV).

# CLINICAL APPROACH TO A PATIENT WITH ESOPHAGEAL DISEASE

• *History Taking* – Key questions: duration, progression, associated symptoms.

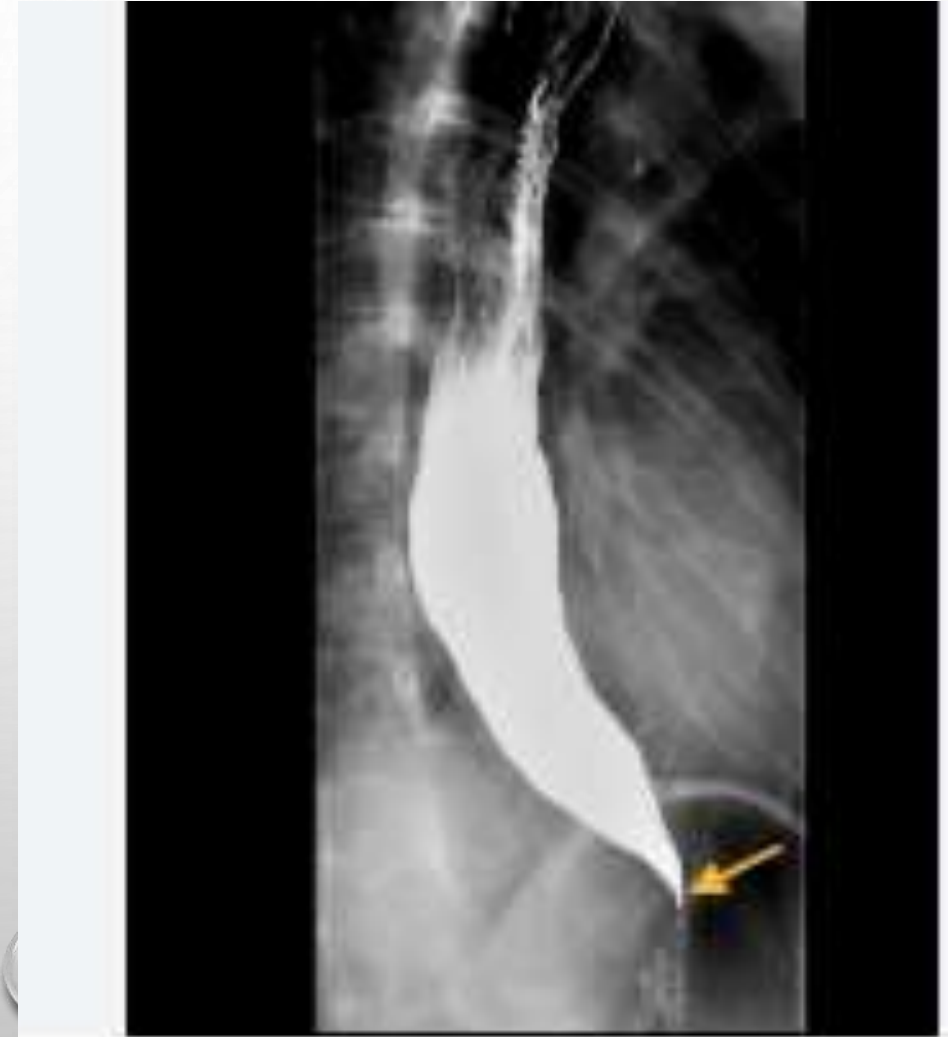
*Physical Examination* – General assessment, signs of malnutrition, lymphadenopathy.

*Red Flag Signs* – Weight loss, progressive dysphagia, hematemesis (suggest malignancy)



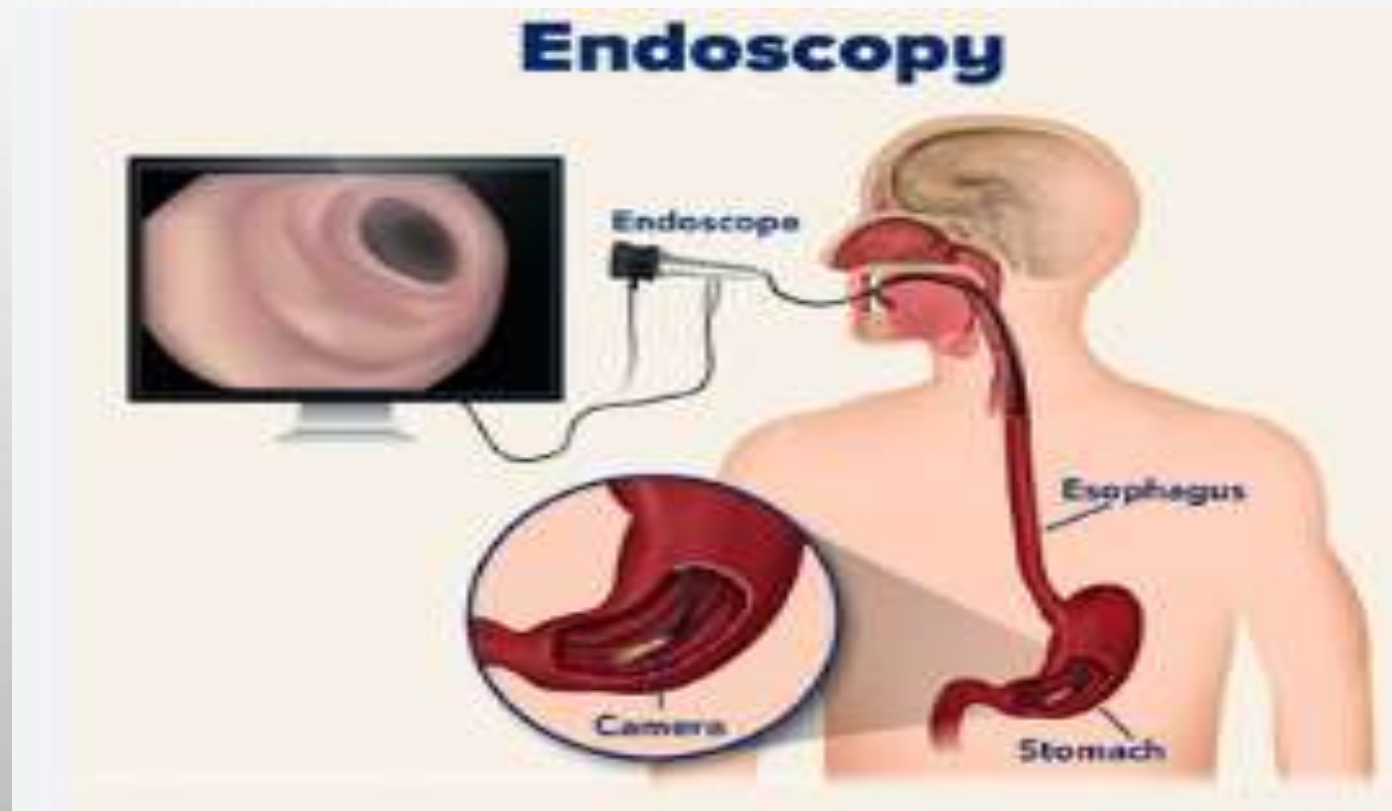
# DIAGNOSTIC WORKUP

- *Barium Swallow* – Used for structural abnormalities.



# *Endoscopy (EGD) –*

- Gold standard for direct visualization and biopsy.



# *Manometry & pH Monitoring*

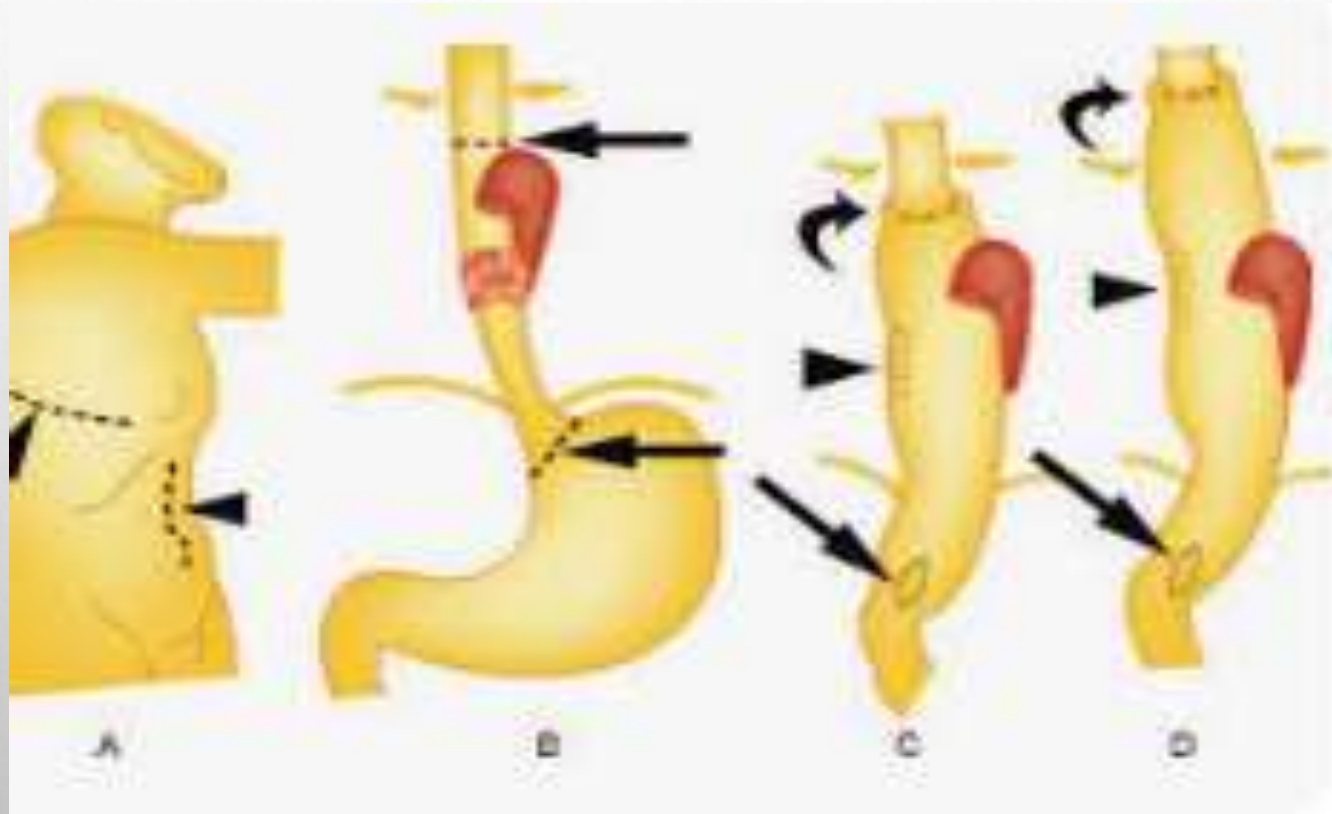
- – For motility disorders and GERD assessment



# MANAGEMENT STRATEGIES

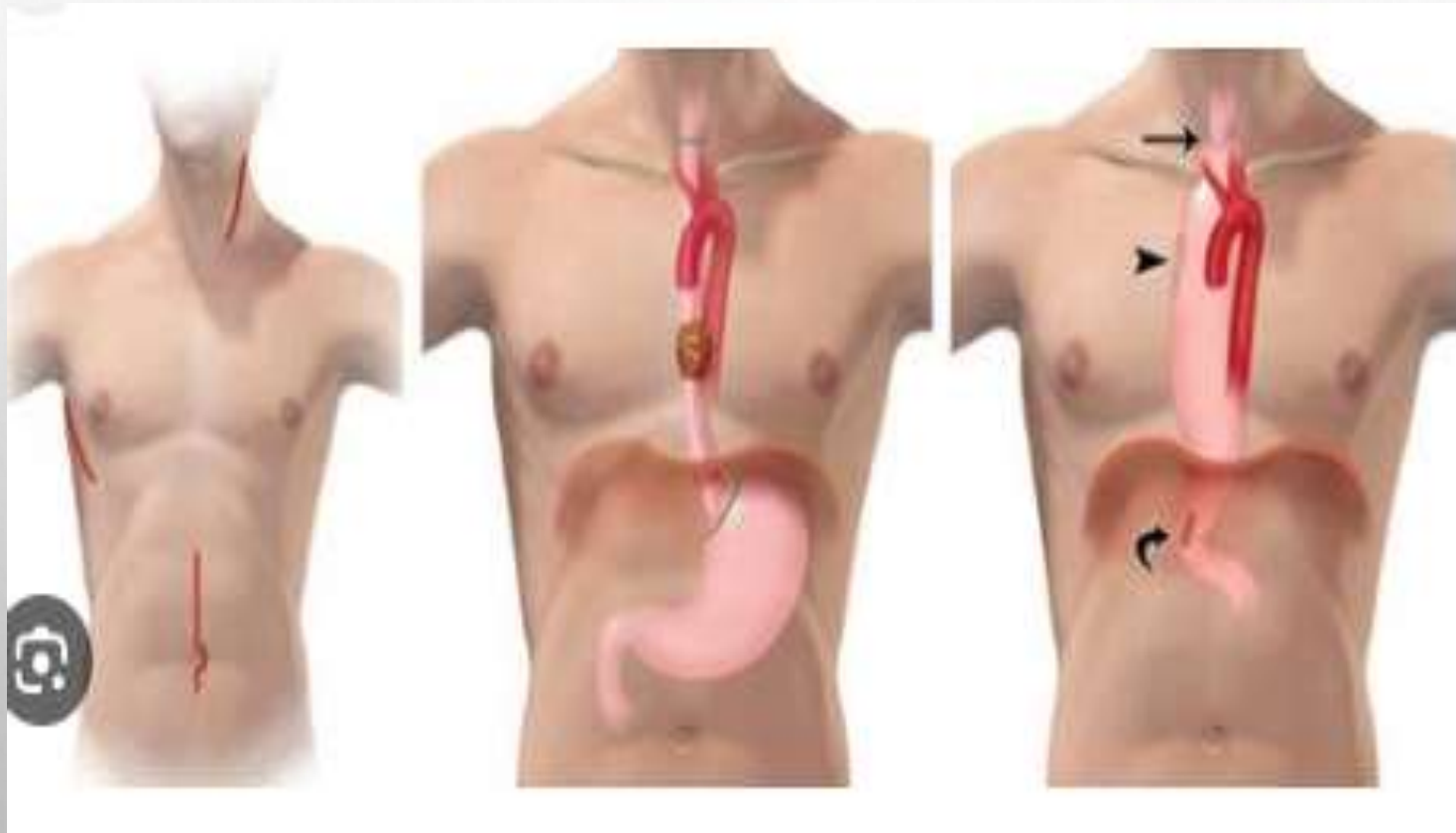
- *GERD MANAGEMENT* – LIFESTYLE MODIFICATIONS, PPIS, SURGICAL OPTIONS.
- *ACHALASIA & MOTILITY DISORDERS* – BOTOX, PNEUMATIC DILATION, MYOTOMY.
- *ESOPHAGEAL CANCER APPROACH* – STAGING, SURGERY, CHEMOTHERAPY.

## IVOR LEWIS ESOPHAGECTOMY:

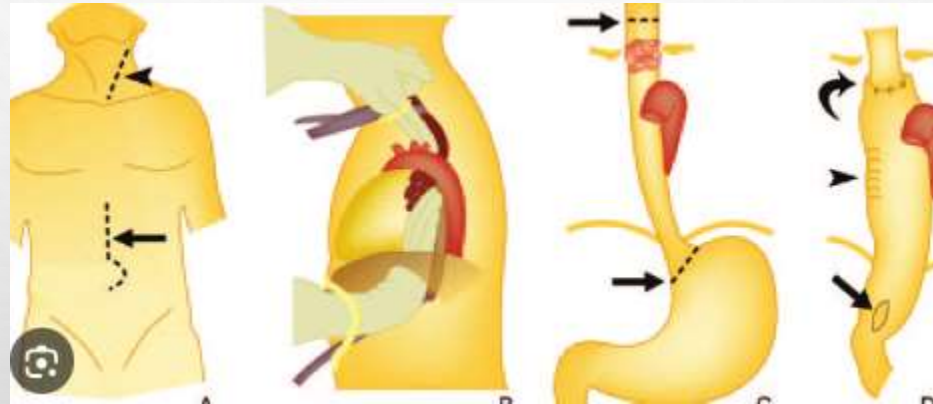




# MCKEOWN ESOPHAGECTOMY



# TRANSHIATAL ESOPHAGECTOMY:





## TAKE HOME MESSAGE:

- **Early Detection Saves Lives** – Seek medical help if you experience progressive difficulty swallowing, weight loss, or persistent acid reflux.
  - **Lifestyle Changes Matter** – Quit smoking, avoid alcohol, and maintain a healthy diet to reduce risk and support treatment.
  - A BALANCED, SOFT DIET AND POSSIBLE NUTRITIONAL SUPPLEMENTS CAN HELP MAINTAIN STRENGTH DURING TREATMENT
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