Hernias

Definition

A protrusion of an organ or structure through the wall that normally contains it. Can entrap the intestines and cause intestinal blockage

Umbilical hernia

Usually congenital, appears at birth. Many resolve on their own, but might need surgery.

Diaphragmatic or hiatal hernia

Protrusion of stomach through the diaphragm via the esophageal hiatus. Can cause GERD. Acid suppression might help, but can do surgery.

Incisional hernia

Associated w/ vertical incisions, especially in obese pts. or if they have a wound infx.

Indirect inguinal hernia

More common, passage of intestine through the internal inguinal ring down the inguinal canal. May pass into the scrotum.

Direct inguinal hernia

Passage of intestine through the external inguinal ring at Hesselbach's triangle. Rarely enters scrotum.

Femoral inguinal hernia

Least common. Passes through the femoral ring.

Treatment (all hernias)

Surgical

Lactose Intolerance (metabolic)

General

Lactose normally digested by lactase, which is produced in the SI. For a lot of the world's population, lactase production doesn't continue after age 12 --> lactose products not digested

Lactose Intolerance (metabolic) (cont)

Symptoms

Nausea, bloating, flatulence, diarrhea, cramping, vomiting

Management

Avoid dairy. Use lactase enzyme tablets.

Esophageal Atresia (congenital)

Commonly associated with

tracheoesophageal fistulae

Clinical presentation in newborns

Excessive saliva and choking/coughing during feeding attempts

Diagnosis

Inability to pass an NG tube

Treatment

Surgical (use suction and withholding of oral feedings meanwhile to prevent pulmonary aspiration)

Pyloric Stenosis (congenital)

Definition

The gastric outlet is obstructed by pyloric hypertrophy, M>>F

Clinical Features

Progressive, non-bilious projectile vomiting in a child who remains hungry, 4-6 weeks old. Weight loss + dehydration common. Might feel an olive--shaped mass adjacent to umbilicus after vomiting.

Lab Findings

U/S, barium swallow will show "string-sign"

Treatment

Surgery

Phenylketonuria (metabolic)

Definition

Rare AR inability to metabolize the protein phenylalanine

Consequences

Phenylalanyne and its metabolites accumulate in the CNS --> causing MR and movement disorders

How is it detected/managed early on?

Screening at birth

Consequences if not detected by age 3?

Irreversible brain damage

Management

Low-phenylalanine diet + tyrosine supplement. Strict protein intake for life.

Diaphragnatic hernia (congenital)

Clinical presentation in newborn

Immediate respiratory distress *the affected lung is compressed by pressure from abdominal contents)

Diagnosis

If bowel sounds are heard in the chest

Radiography

Shows loops of bowel in the involved hemithorax + displacement of heart and mediastinal structures

Treatment

Surgery

Bowel Atresia (congenital)

- Occurs in ileum mosts commonly
- Presents with signs of obstruction in first few days of life



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Hirschsprung's disease

AKA

Congenital megacolon

Definition

Congenital absence of Meissner's and Auerbach's autonomic plexuses enervating the bowel wall

Symptoms

Constipation, obstipation, vomiting, failure to thrive

Treatment

Surgical resection of affected bowel



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