What is it?

inflammation of the pancreas (organ that sits near the stomach and liver)

Role

Produces digestive juices and certain hormones, including insulin.

S/S

Acute: sudden, severe upper abdo pain, N+V, fever, ↑ pulse (if caused by alcohol, S/S = 1-2 after binge)

Chronic: Pain in mid abdo, pain worse with eating/drinking, D, weight loss, greasy, foul-smelling stools

Causes

Gallstones – block the pancreatic duct, triggering inflammation

Excessive alcohol use – especially with long-term intake

Medications: steroids, diuretics, oestrogens, azathioprine

Genetics - CF, family hx pancreatitis

Structural - pancreas tumours, abdominal injury or post-op

Idiopathic ~30% cases

High triglycerides (>11.3mmol/L), hypercalcaemia

Consequences

pancreatic exocrine insufficiency (PEI),	↓ digesting food (particularly fats → lack of digestive enzymes/juices.

Severe = does not produce insulin → DM

Biochem

↑ lipase	*x3 more than normal = acute pancreatitis*
↑ CRP	Marker of inflammation
↑ BGL	impaired insulin secretion
Hypocalcaemia	Fat saponification in severe cases

Nutrition Concerns

Fat malabsorption	Malnutrition
Alcohol-related causes	Deficiency Fat-sol V

Diabetes risk

Nut Reqs

EER: 105-145kJ/day

EPR: 1-1.5g/kg

NEMO Pancreatitis

Intervention

Low fat foods

Avoid alcohol

CREONS - pancreatic enzyme replacement therapy (PERT) used to manage PEI

MVT – replace lost V/M

Insulin

CREONS

capsule with digestive enzymes (lipase, amylase, protease) to replace those the pancreas can no longer produce adequately due to chronic pancreatitis, pancreatectomy, or PEI

Why? improves fat digestion. Reduces steatorrhea (greasy stools). Prevents malnutrition & weight loss. Improves fat-sol V absorption

Typical doses:

Small meal/snack = 25,000 units (1 capsule)

Main meal = 1-2 capsules

Max daily dose = 6-9 capsules

Taken with meals containing fat and protein

Not needed with fat-free foods

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Not published yet.
Last updated 10th July, 2025.

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