



# “Too Much Of Gut Gives You Reflux”

ROCHESTER  
REGIONAL HEALTH

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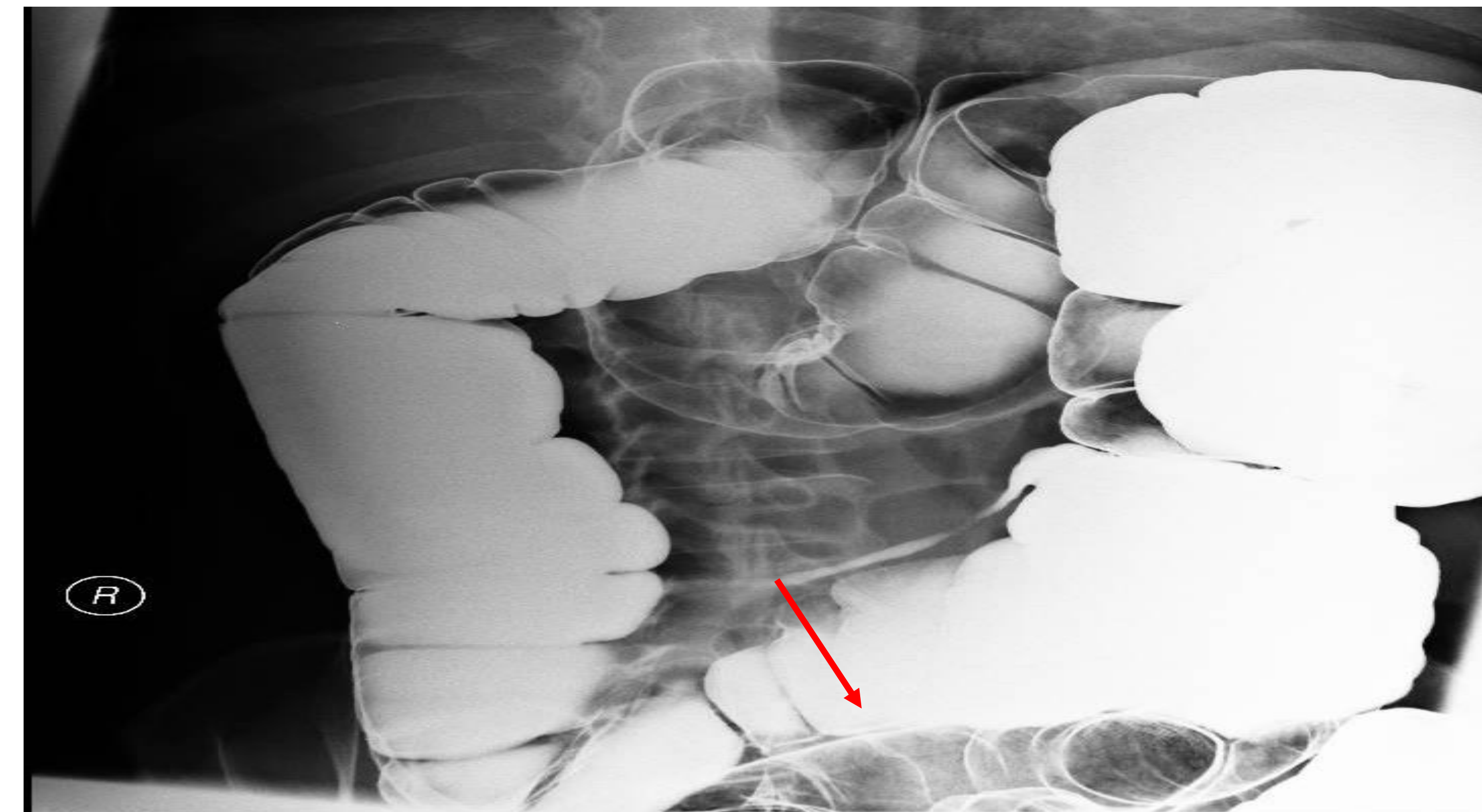
## Introduction

- Gastroesophageal Reflux Disease (GERD) is a condition which develops due to reflux of stomach contents<sup>1</sup>.
- Common symptoms of GERD are- heartburn, nausea, regurgitation, chest pain, dysphagia, asthma<sup>1</sup>.
- Dolichocolon is defined as redundant colon.
- If all of the following are present, a fully developed dolichocolon is diagnosed:
  - Sigmoid colon above the line between iliac crests.
  - Transverse colon below the aforementioned line.
  - Extra loops at the hepatic and splenic flexure<sup>2</sup>.

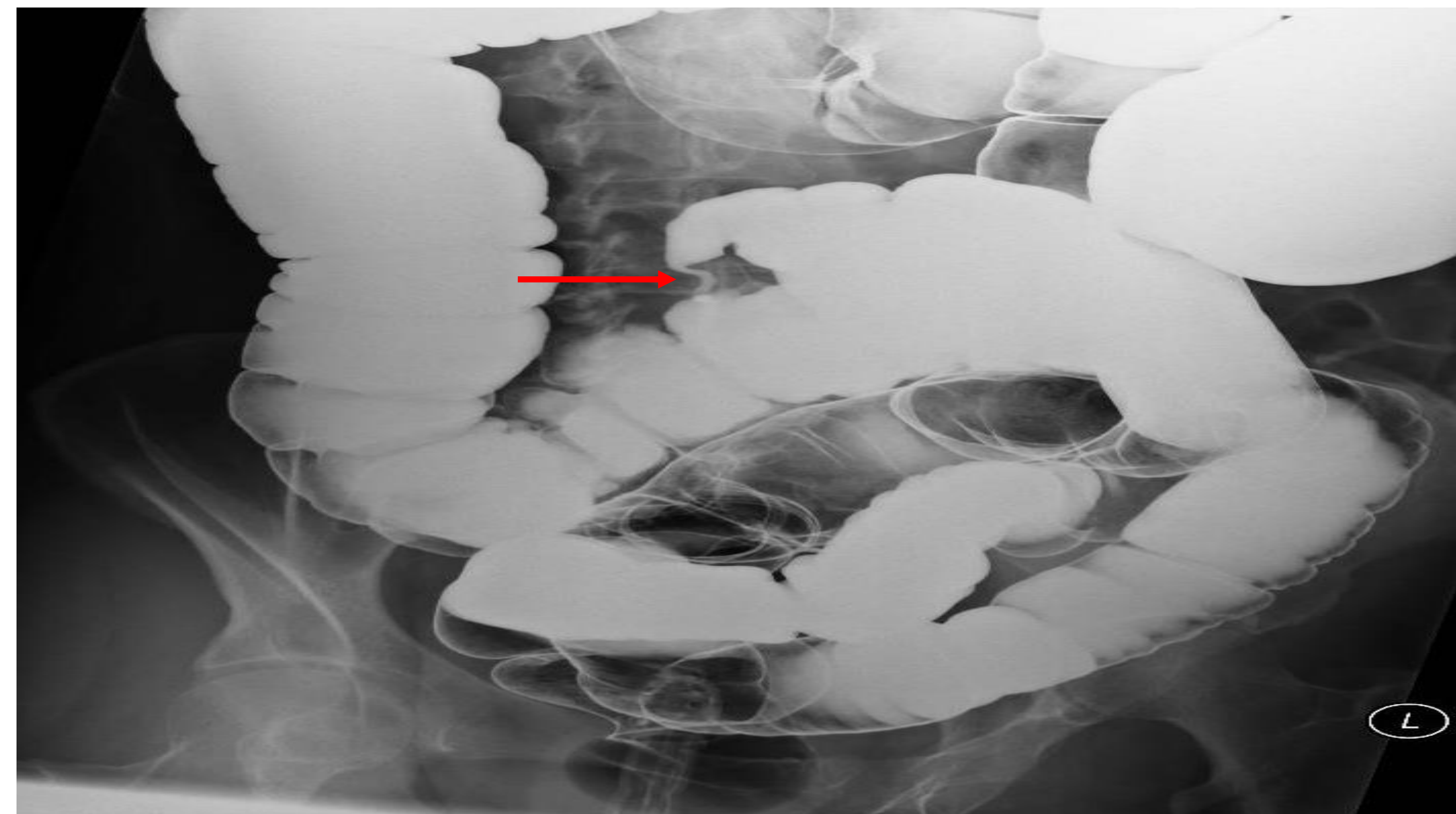
## Clinical Presentation

- 56-year-old woman with past medical history significant for irritable bowel syndrome, GERD, and laryngopharyngeal reflux presented with cough associated with nonspecific abdominal pain, bloating and heartburn.
- Physical exam- unremarkable
- Workup-
  - Fluoroscopy upper GI and KUB - mild gastroesophageal reflux
  - EGD showed erosive gastritis and negative for H Pylori..
  - Allergy workup and PFTs unremarkable.
  - pH study. DeMeester score was 13.
  - Esophageal manometry - weak peristalsis and normal esophageal gastric junction.
  - Gastric emptying study - no evidence of gastroparesis.
  - Barium enema - extensive redundant colon with the cecum in the midline of abdomen.
- Treatment-
  - Lifestyle modifications attempted-bland and gluten free diets
  - Medications trials attempted-cough suppressants, proton pump inhibitor and H2 receptor blockers, empiric antibiotics for H pylori, Cetrizine, inhaled fluticasone, inhaled albuterol
  - Laparoscopic subtotal colectomy was performed which relieved the patient's cough and abdominal pain.

## Images



**Image 1: Barium enema demonstrating redundant colon**



**Image 2- Barium enema showing cecum in the midline(identified by the appendix)**

## Discussion

- Pathophysiology of GERD- transient lower esophageal sphincter relaxation, obesity, hiatal hernia, delayed gastric emptying<sup>1</sup>.
- Dolichocolon usually presents with constipation, lower abdominal pain and volvulus<sup>2,3</sup>.
- The imaging modality of choice for diagnosis is barium enema<sup>3</sup>
- Proposed theories of pathogenesis of dolichocolon include -
  - pathological elongation of the hindgut and hence the elongation of the sigmoid colon
  - congenital malformation
  - abnormal fecal transport
  - loss of Cajal cells
  - dietary habits<sup>2,3,4</sup>

## Conclusion

- We propose, the redundant colon increased pressure on the stomach and hence resulted in GERD symptoms; this is supported by cessation of symptoms after colectomy.
- An advanced search of the terms “dolichocolon” and “GERD” or “dolichocolon” and “gastroesophageal reflux disease” did not reveal any specific case with such a presentation.
- We wish to highlight dolichocolon as a cause of abdominal complaints and present an unusual presentation of a rare pathology.

## References

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