

A CASE OF ZARGAR 2B ULCERATION CAUSED BY ACCIDENTAL GARLIC INGESTION

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INTRODUCTION

- Food impaction resulting in caustic injury is a rare phenomenon.
- In most cases, acidic and alkaline foods will pass through the digestive tract naturally.
- However, if someone has chewing difficulties, dysphagia and motility issues, these items may get stuck and can cause caustic injury

CASE PRESENTATION

- 86-year-old female presented with complaints of a burning sensation accompanied by pain in her throat after ingestion of garlic.
- She states she swallowed a thumbnail size of garlic after which her throat symptoms began.
- She has felt food get stuck in her throat for the past 15 years but her most recent esophagogastroduodenoscopy (EGD) was normal.

DIAGNOSIS

- Computed tomography (CT) without contrast of her neck showed heterogeneous soft tissue in the proximal esophagus which may represent impacted food.
- EGD showed un-chewed garlic in the proximal esophagus (figure 1) which was then pushed down the esophagus with irrigation.
- Additionally, Zargar caustic ingestion injury Grade 2b (figure 2) was found in the area underneath where the food bolus was impacted. The rest of the esophagus, stomach, and duodenum were otherwise normal.

DISCUSSION AND CONCLUSION

- Caustic injuries are mostly seen in the esophagus and stomach since the corrosive substance remains in those areas longer.
- In this case, the acidic content of garlic combined with the mechanical damage seen with food stasis played a multi-factorial role in the development of a Zargar grade 2b ulcer.
- If the EGD was not done, we may not have seen the ulcer caused by this common food item, and this could have led to life threatening gastrointestinal bleed.
- Providers should look out for certain food items as potential culprits of caustic injury and act in a timely manner to prevent adverse effects such as gastrointestinal ulcer/bleed.



Figure: 1 Large garlic impaction in the proximal third of the esophagus

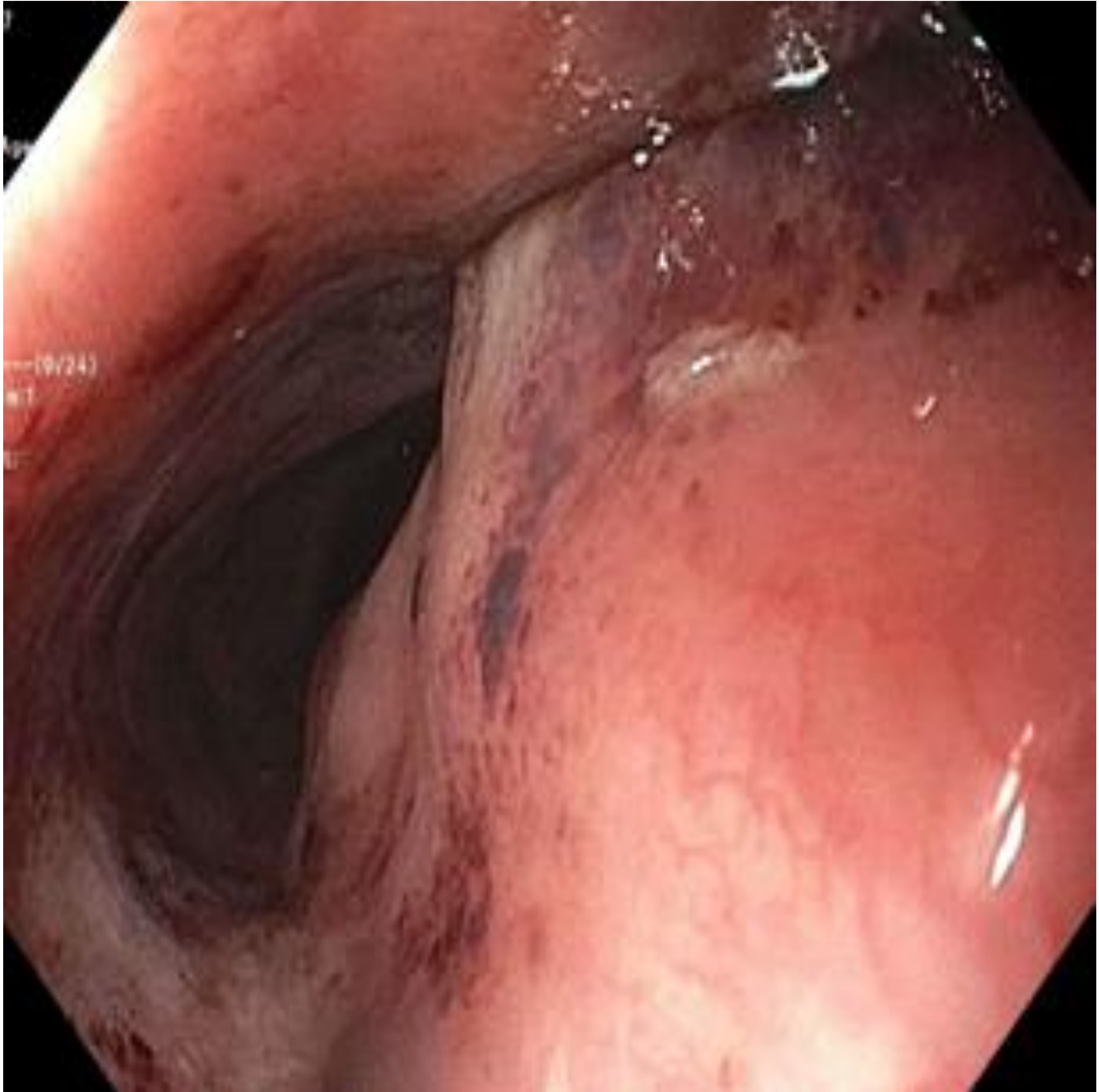


Figure: 2 Mucosa underneath the impacted garlic showing Zargar grade 2b caustic injury with areas of necrosis