

TROPICAL SPRUE

GIIT disease causing malabsorption due to Flattened villi usually affecting Tropical region of West Indies, India, Southeast Asia.

Pathophysiology

Acute Intestinal Infection

↓
Trypanimation

↓
Small bowel Bacterial Overgrowth

(E. coli, Klebsiella, Enterobacter)

↓
When food enters produces Toxins

↓
Flattening of villi

↓
Malabsorption → less Nutrient absorption
↓ Vitamin B₁₂ & Folate

Clinical Features

- Usually adults,

Symp → Diarrhea, Pain, Fatigue, Distension, Dehydration

Complication → Megaloblastic anemia features
glossitis, stomatitis

D/D → Celiac disease

Investigation

- Biopsy of Jejunum (Gold standard)

- Endoscopy → villus atrophy

- X ray, Barium swallow

- Fat malabsorption → 72 hour stool collection
on prescribed diet.

- Carbohydrate malabsorption → D-xylose
absorption test → If absorbed excreted in urine.

- Haematology → Macrocytic anemia

→ ↓ Vitamin B₁₂ & Folate.

Treatment : Nutritional replacement