

# Gastrointestinal bleeding

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The paper "Gastrointestinal Bleeding" is a great example of an assignment on health sciences & medicine.

The gastrointestinal (GI) tract includes the esophagus, stomach, and intestines. GI bleeding is the loss of blood that occurs through the digestive tract. This topic has been selected because the GI tract plays a vital role in providing nutrition to the human body, and any impairment of the GI tract is undesirable. The article provides an overview of various causes of GI tract bleeding and risks associated with certain conditions. It has been written with the aim of making the reader aware of the causes and risks of the condition, treatment of conditions, possible side effects, and post-treatment effects.

GI tract bleeding could be caused by various conditions including peptic ulcer, gastritis, enlarged veins, a Mallory-Weiss tear, diverticulosis, gut infections, tumors or cancers, inflammatory bowel disease, hemorrhoids, abnormal blood vessels in the GI tract, or inflammation of the colon. Gastritis is the inflammation of the stomach lining and could be caused by the use of aspirin or pain medications. The condition is common in people who are alcohol dependent. Enlarged veins are a condition known as esophageal varices, which have a tendency to rupture. A Mallory-Weiss tear is a small tear inside the lining of the esophagus caused by retching or vomiting. Outpouchings of the colon walls are a condition known as diverticulosis. Enlarged veins around the anus are a condition known as hemorrhoids. When GI tract bleeding occurs, blood transfusions may be required for heavy bleeding. Usually, treatment depends on the cause. For example, surgery, chemotherapy, or radiation therapy may be required for cancer; or antibiotics may be required for infections. Treatments could have side effects

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such as allergic reactions, infections, or stomach upsets. If the bleeding is heavy, and cannot be stopped, the treatment may be ineffective and the patient may eventually die. This is particularly common among esophageal varices patients. On the other hand, patients with mild conditions such as hemorrhoids could return to normal activities right away. As a precautionary measure, periodic CBC blood tests should be conducted to ensure that blood counts are stable. Patients are usually monitored for further bleeding. Also, further monitoring could depend on specific causes (Cohen).