

Case Presentation

Dr Faisal Abbasakoor

MB BCh BAO BA, FRCSI, FRCS (Gen-Surg), CCST (UK)

Consultant General and Colorectal
Surgeon

History

- 48 yrs Female ; very fit ; international competitor
- September 2013
- 3 years hx of diarrhoea intermittently
- Initially blood tests ; uss; colonoscopy all normal (2011)
- Diagnosed as Irritable Bowel Syndrome + stress
- Rx low fibre diet; Prothiaden
- Reasonably well x 1 year

History

- 2 years ago ; symptoms flare up again
- Tried same strategy as 2011 – no improvement
- Explosive diarrhoea; watery ; no blood
- Occasional incontinence ; weight loss
- July 2013 - amoxicillin by dentist
- Exacerbation of symptoms

History

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- 4 imodium and 3 smecta per day
- Frequency bowel movement: D/N = 9/2

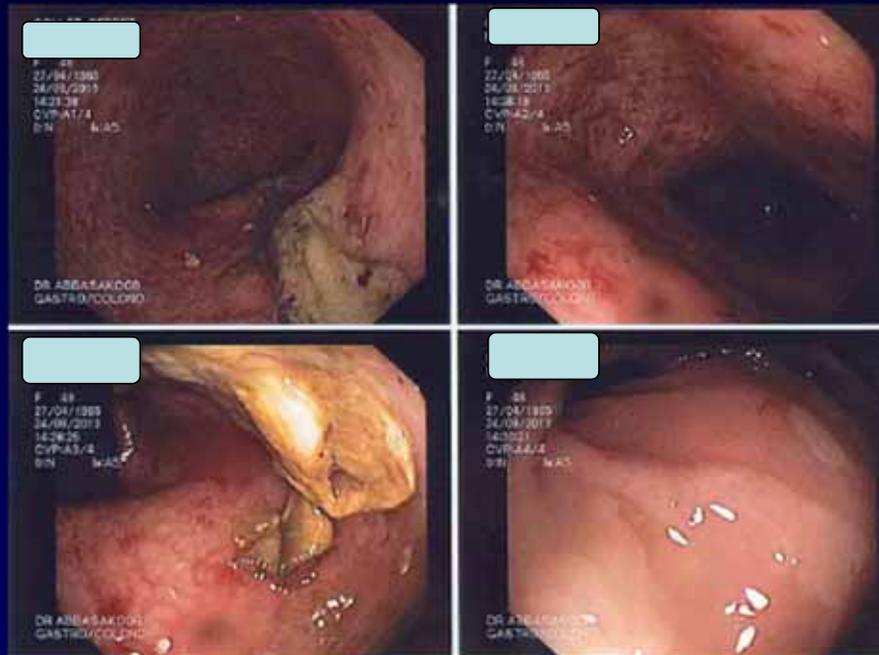
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- Resuscitated – Urgent colonoscopy

Endoscopy pics





Clinical progress

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- Biopsy results = Collagenous colitis

Collagenous Colitis

- First described by Lindstrom 1976 – often omitted from surgical texts
- Originally considered rare but now becoming increasingly recognised in elderly women
- Mean age 57yrs but reported in children and elderly
- Female: male 9:1
- Variable course of remissions and relapse
- Watery diarrhoea; weight loss and mucus
- Bleeding rare

Investigations

- Colonoscopy and barium enema usually normal
- Biopsies diagnostic and distinguish from irritable bowel syndrome

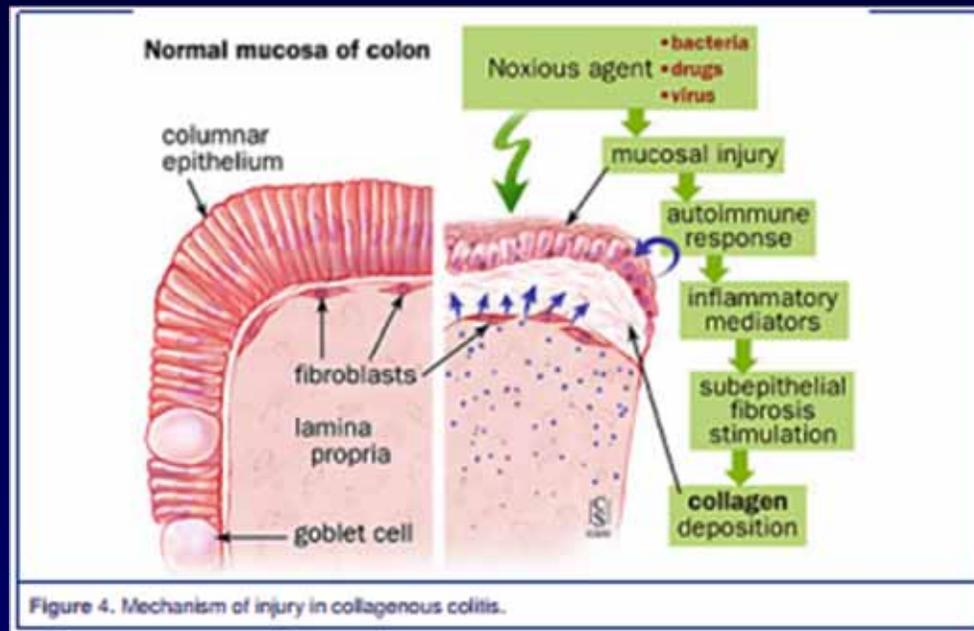
Association

- Discoid Lupus
- Rheumatoid arthritis
- Pulmonary fibrosis
- Ileal carcinoids
- Scleroderma
- Raynaud's
- Hodgkin's lymphoma

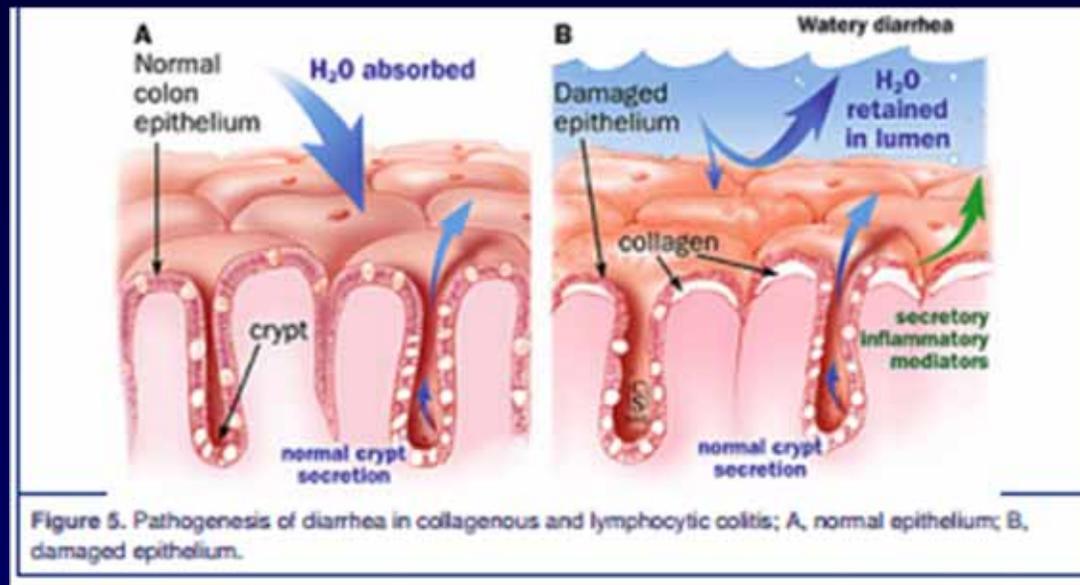
Histopathology

- Thick subepithelial collagen layer on biopsy – defining feature
- 10 micron thick
- Immunohistochemistry Collagen type 3 and 1

Pathogenesis



Pathogenesis



Treatment

- Limited world wide experience and lack of data
- Along same lines as Ulcerative colitis
- Sulphasalazine and mesalazine and olsalazine 40-59%
- Prednisolone 82% but high doses
- Antibacterial - Bismuth – subsalicylate (Pepto-Bismol)
- Azathioprine

Evolution

- Follows chronic continuous course
- Can be socially disabling
- No obvious malignant potential to date
- Surgery not normally advised
- Small bowel villous atrophy

Thank You