

## Bleeding from the gut: A closer look at digestive tract bleeding.

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### Abstract

**Bleeding from the gut, also known as gastrointestinal bleeding, refers to any bleeding that occurs in the digestive tract, which extends from the mouth to the anus. This can range from mild to severe and can be caused by a variety of factors. The most common causes of gastrointestinal bleeding include The symptoms of digestive tract bleeding depend on the location and severity of the bleeding. Some common symptoms include. Bright red blood in vomit or stool. Dark, tarry stool. Abdominal pain or cramping. Weakness or fatigue. Nausea or vomiting. Shortness of breath or rapid heartbeat. Dizziness or fainting. Diagnosis of Digestive Tract Bleeding.**

**Keywords:** Gastroenterology, Digestive system, Stomach, Intestines, Esophagus.

### Introduction

Peptic ulcers: These are open sores that develop on the lining of the stomach or duodenum (the first part of the small intestine). They can cause bleeding if they erode a blood vessel. Esophageal varices are enlarged veins in the esophagus that develop as a result of liver disease, and can cause significant bleeding if they rupture. Diverticulitis: This is an inflammation or infection of small pouches in the colon, which can cause bleeding if they become irritated or infected. Inflammatory bowel disease includes conditions such as Crohn's disease and ulcerative colitis, which cause inflammation and damage to the lining of the digestive tract and can result in bleeding. Colorectal cancer is a type of cancer that develops in the colon or rectum and can cause bleeding as the tumor grows and erodes blood vessels. Symptoms of gastrointestinal bleeding can include: Black or tarry stools, Bright red blood in the stool, Vomit that looks like coffee grounds, Abdominal pain or cramping, Weakness or fatigue, Shortness of breath, Dizziness or lightheadedness [1].

If you experience any of these symptoms, [2] it is important to seek medical attention right away. A doctor can perform a physical examination and order tests such as blood work, endoscopy, or colonoscopy to determine the cause of the bleeding [3]. Treatment for gastrointestinal bleeding will depend on the underlying cause. In some cases, the bleeding may stop on its own, while in others, medical or surgical intervention may be necessary. For example, peptic ulcers can be treated with medications to reduce stomach acid production, while esophageal varices may require a procedure to stop the bleeding and prevent further damage to the veins. Prevention of gastrointestinal bleeding includes maintaining a healthy diet and avoiding excessive alcohol consumption, smoking, and the use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) without a doctor's guidance. Regular screening for

colorectal cancer is also important, especially for individuals with a family history of the disease or other risk factors [4].

Bleeding from the digestive tract is a serious medical condition that requires prompt evaluation and treatment. The digestive tract is a long tube that begins at the mouth and ends at the anus. Bleeding can occur at any point along this tract, from the esophagus to the rectum.

**Causes of digestive tract bleeding:** There are many potential causes of digestive tract bleeding, including. Peptic ulcers: These are sores that develop in the lining of the stomach or the first part of the small intestine. Gastroesophageal Reflux Disease (GERD): This condition occurs when stomach acid flows back up into the esophagus, causing irritation and inflammation. Inflammatory bowel disease: This includes Crohn's disease and ulcerative colitis, which can cause inflammation and ulcers in the digestive tract. Diverticulitis: This is a condition in which small pockets or pouches form in the lining of the colon and become inflamed or infected. Hemorrhoids: These are swollen veins in the rectum or anus that can bleed. Cancer: Tumors in the digestive tract can cause bleeding.

**Symptoms of digestive tract bleeding:** The symptoms of digestive tract bleeding depend on the location and severity of the bleeding. Some common symptoms include. Bright red blood in vomit or stool. Dark, tarry stool. Abdominal pain or cramping. Weakness or fatigue. Nausea or vomiting. Shortness of breath or rapid heartbeat. Dizziness or fainting [5].

### Conclusion

To diagnose digestive tract bleeding, a doctor may perform one or more of the following tests. Endoscopy: A long, flexible tube with a camera on the end is inserted into the digestive tract to look for bleeding. Colonoscopy: A similar procedure to endoscopy, but focused on the colon. Barium X-ray: The patient swallows a chalky liquid that shows

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up on X-rays, allowing doctors to see any abnormalities in the digestive tract. Blood tests: These can help determine the severity of the bleeding and identify potential causes. Treatment of Digestive Tract Bleeding: The treatment of digestive tract bleeding depends on the underlying cause and the severity of the bleeding. In some cases, bleeding may stop on its own. In other cases, medical or surgical interventions may be necessary. Medications: Certain medications can be used to reduce inflammation or prevent blood clots that may be causing the bleeding. Endoscopic treatment: Endoscopy can also be used to stop bleeding by injecting medication or applying heat to the affected area. Surgery:

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