

Acute Enteritis/Diarrhea

What is it?

- **Acute Enteritis Diarrhea**- symptom of many disorders



Signs and Symptoms:

- **Symptoms**- of many disorders with increased peristalsis, decreased transit time through the GI (gastrointestinal tract)
- **Reduced**- reabsorption of water, watery stools

Facts:

- **Diarrhea may be-**
 - **Functional**- irritation, stress
 - **Organic**- intestinal lesion
 - **Osmotic**- , gluten, fat, or lactose intolerant
 - **Secretory**- from bacteria, viruses, laxatives, or hormones, bile acids- more serious
- **Norwalk/Rotavirus**- infants, school aged children- watery diarrhea, vomiting
 - Bacteria- Shigella, Campylobacter, Yersinia, Salmonella, Vibrio Cholerae causing diarrhea at different degrees
- **Parasites (Giardia lamblia)**- children 1-5- abdominal pain, foul smelling, watery stools, flatulence, cause of protocol disease in North America
- **Entamoeba histolytica**- severe dysentery
- **Isospora belli, Sarcocytis, Balantidium coli, Cryptosporidium parvum protozoa**- that can cause diarrhea in the healthy, life threatening for persons with a low immunity as HIV/AIDS, Cancer, etc...



What can I do?

- **See your Health Care Provider**- as needed
 - **Restore**- normal bowel motility
 - **Avoid**- extreme food temperatures, stimulate colon, adequate fat
 - **Correct**- intolerances, small, frequent meals, < 3 grams of sodium
- **See a Registered Dietitian**- for help as needed
- **Prevent**- anemia, dehydration, electrolyte imbalances, hypoglycemia, weight loss
 - **Water**- 1 hour before or after meals
 - **Adequate**- fiber, chromium, Vitamin B12, Riboflavin, folacin, iron

