



THE DIGESTIVE SYSTEM

Digest-Sys 23/24

Also called:

The Gastro-Intestinal System

“One cannot think well, love well, sleep well, if one has not dinned well.”
 Virginia Woolf, A Room of One’s Own

I. The Components of the Digestive Tract

A	B
digestive system	main parts are mouth, esophagus, liver, stomach, pancreas, gall bladder, intestines
digestive tract	a series of tube-like organs that are joined end to end
Esophagus	a long, straight tube that connects the mouth and throat to the stomach.
Epiglottis	small flap of tissue that covers the windpipe (trachea) when you swallow
Gallbladder	a small, baglike organ that stores bile
large intestine	absorbs extra water from undigested materials
small intestine	a muscular tube about 6 m long; the site of most chemical digestion.
Stomach	a muscular, baglike organ of the digestive tract; attached to the lower end of the esophagus.
Peristalsis	rhythmic muscle contractions that forces food into the stomach.
Duodenum	the first portion of the small intestine; connects the stomach and the small intestine
Sphincters	bands of muscles at either end of the stomach
pancreas	an organ between the stomach and small intestine that produces enzymes for chemical digestion.
Liver	a large, reddish organ that produces bile and stores nutrients
Bile	green liquid used in digestion of fat



Rectum	the last section of the large intestine
Anus	the opening at the end of the large intestine
Feces	waste product that has been formed into a soft, solid mass
Enzymes	special substances that break down some nutrients into smaller particles that the body can use.
Saliva	liquid from the salivary glands; begins chemical digestion of carbohydrates

II. History

A. Abdominal Pain (douleur abdominale)

1) Site: Central - generalised abdominal pain –

Localisation : Centrale – Douleur Abdominale généralisée

2) Radiation : The pain move to: The back/ to the groin/ to the back passage

Irradiations : la douleur irradie : vers le dos/ vers l'aîne/vers l'anus.

3) Associated factors : At the same time of the pain, do you : feel sick/ get sick/sweat/

Get fainting/ have a temperature (fever)/ get a short breath.

Facteurs associés : Avez-vous en même temps que la douleur : des nausées/ des vomissements

Des sueurs/ un malaise/ de la température/ fièvre/ des difficultés pour respirer.

4) Relieving factors: to ease the pain by/ rest, position, sitting, bending forward, lying still,

Defecation (passing a bowel motion), medication.

Facteurs calmants : Calmer la douleur/ le repos, la position, assise, penchée en avant, coucher sans bouger, la défécation, médicaments.

B. Aggravating factors (facteurs aggravants) what brings the pain? Qu'est- ce qui déclenche la douleur ?

Defecation/ Passing a bowel motion/ stress/ eating/ movements/ change in position/ breathing.



Défécation / les émotions/ manger/ les mouvements/ les changements de positions/ la respiration

1) **Cause.** What in your opinion is causing the pain? An ulcer, gallstones, appendicitis, other.

Cause : Qu'est-ce qui cause cette douleur selon vous ? Ulcère, des calculs de la vésicule, l'appendicite ou autre.

2) **Crise de foie**

Do you have an upset stomach? Avez-vous une crise de foie ?

(A typical French disease corresponding either to the English « stomach upset » or to a migraine)

(La crise de foie est une maladie typiquement française correspondant à « l'estomac dérangé » des Anglais, ou à une migraine.)

C. Diet/ Appetite /Weight:

Diet: What type of food do you eat? (Meat, fish, dairy products, vegetables, cereals, sweets, everything.

Are your teeth good? Do you have denture? (False teeth)/ Can you chew your food?

Habitudes alimentaires

Que mangez-vous habituellement (la viande, du poisson, des produits laitiers, des légumes, des céréales, des sucreries, de tout.)

Avez-vous de bonnes dents ?

Portez-vous un appareil dentaire ?

Pouvez-vous mâcher vos aliments ?

Appetite: Have you a good appetite? Has your appetite (increased/ decreased)? If decreased, is this due to (lack of desire to eat or because eating always causes pain?

Weight: how much do you weight? Has your weight remained constant? Have you gained/lost weight? Weight loss was through slimming diet or unintentional.

Poids : Combien pesez-vous ? Votre poids est-il stable ? Avez-vous grossi/maigri ? Cette perte de poids était par régime amaigrissant ou involontaire ?



D. Early satiation and postprandial fullness

· Can you manage to finish a normal sized meal?

Est-ce que vous arrivez à finir un repas d'une quantité normale ?

· Do you feel full later eating a small amount?

Vous- sentez-vous rassasié après avoir mangé un petit peu ?

· Do you feel uncomfortable after eating?

Digérez-vous mal ?

Nausea and vomiting

Do you have nausea? Avez-vous des nausées ?

Do you feel sick? Avez-vous mal au Cœur ?

Do you wretch? Avez-vous des haut-le-cœur ?

Do you vomit only after eating? Vos vomissements ne surviennent-ils qu'après avoir mangé ?

What is the nature of the vomiting? (Recognizable food? digested food? Bile stained fluid.

Clear acid fluid? Quelle est la nature de vos vomissements ?

Do you vomit large quantities? Vomissez-vous en grande quantité ?

Is the vomiting preceded by another symptom such as (nausea, pain, headache dizziness)? Sont-ils précédés d'autres signes tel que (Nausée, douleur, maux de tête, sensation de vertige).

Haematemesis

Was there ever any blood in your vomit?

Did the blood appear from the start?

Did you only notice blood after having vomited several times?