

PANCREATITIS

Acute Pancreatitis

- Acute inflammation of the pancreas
- Etiology: Obstruction, alcohol, drugs, trauma, cystic fibrosis.
- Pathophysiology: Early zymogen activation. CCK hypersensitivity.
- Treatment: Fluid resuscitation.

Chronic Pancreatitis

- Irreversible damage to the pancreas and chronic inflammation
- Etiology: Alcoholism, obstruction, genetics, recurrent attacks, idiopathic.
- Pathophysiology: CCK hypersensitivity, early zymogen activation, stellate cell stimulation.
- Treatment: PERT, surgery, transplant, suctioning

Medical Nutrition Therapy

Mild Acute Pancreatitis

- Hospitalization for one week
- All food restricted until pain subsides

Severe Acute Pancreatitis

- Start NPO for 48 hours
- Enteral nutrition
- Dietary supplement until intake is restored
- Advance to liquids/solids as labs improve
- Last resort is TPN

Chronic Pancreatitis

- Small frequent meals
- Low-fat diet
- Control blood sugar
- Avoid alcohol and smoking
- Supplement for deficiencies (B-12, bicarbonate replacements)