



Department of Medical Education
Himalayan Institute of Medical Sciences
Swami Rama Himalayan University
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HIMS/DME/2024/91

Date: 14.05.2024

Clinical Grand Round

Date : 18.05.2024
Day : Saturday

Time : 03:30 PM – 04:30 PM
Venue: Adi Kailash
(Former name New Auditorium above HLTs)

Topic: "CROHN'S DISEASE – HARD TO DIAGNOSE AND HARDER TO MANAGE."

Abstract: : Crohn's disease is a chronic inflammatory condition affecting the gastrointestinal tract, characterized by inflammation that can occur anywhere from the mouth to the anus. This autoimmune disorder is caused by a complex interplay of genetic predisposition, environmental factors, and dysregulated immune responses.

The hallmark symptoms of Crohn's disease include abdominal pain, diarrhea, rectal bleeding, weight loss, and fatigue. However, the presentation of symptoms can vary widely among individuals, and some may experience extraintestinal manifestations such as arthritis, skin rashes, or eye inflammation.

The exact cause of Crohn's disease remains elusive, but it is thought to involve a combination of genetic susceptibility, immune system dysfunction, and environmental triggers such as diet, stress, or microbial factors. Dysregulation of the immune system leads to chronic inflammation and tissue damage in the gastrointestinal tract.

Diagnosis of Crohn's disease typically involves a combination of medical history, physical examination, blood tests, imaging studies (such as endoscopy, colonoscopy, or MRI), and sometimes biopsy of affected tissues. Once diagnosed, treatment aims to control inflammation, relieve symptoms, and prevent complications.

Treatment options include medications such as anti-inflammatory drugs, immune system suppressors, antibiotics, and biologic therapies targeting specific components of the immune system. In severe cases or when complications arise, surgery may be necessary to remove diseased portions of the intestine or repair damage.

Living with Crohn's disease requires ongoing management, including medication adherence, dietary modifications, stress management, and regular monitoring for complications. While there is currently no cure for Crohn's disease, advancements in research and treatment have significantly improved the quality of life for many patients, allowing them to effectively manage their symptoms and lead fulfilling lives.

In this CGR we present a case of fistulizing crohn's disease in a young patient which got improved with proper diagnosis and management.

Programme for Clinical Grand Round:

Introduction	Dr Anant Kumar Consultant, Gastroenterology	05 minutes
Case Presentation & Work Up	Dr Anandi Singh Junior Resident, General Medicine	15 minutes
Surgical Intervention	Dr Arshia Gupta Junior Resident, General Surgery	10 minutes
Medical Management	Dr Shrey singh Junior Resident -General Medicine	15 minutes
Discussion and Q&As	Dr Sachidanand, Professor, General Surgery Dr Saurabh Singh, Associate Professor, Gastroenterology Dr Anant Kumar, Consultant, Gastroenterology	15 minutes

All Faculty & Post Graduate Residents are required to attend the Clinical Grand Round.

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Coordinator
D.M.E

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