Digestive Homeostasis Disorders

- **ULCERS** - erosion of the surface of the alimentary canal generally associated with some kind of irritant.
**Digestive Homeostasis Disorders**

- **CONSTIPATION** - a condition in which the large intestine is emptied with difficulty.
- Too much water is reabsorbed and therefore solid waste hardens.
Digestive Homeostasis Disorders

- **DIARRHEA** - a gastrointestinal disturbance characterised by decreased water absorption and increased peristaltic activity of the large intestine.
- This results in increased, multiple, watery feces.
- This condition may result in severe dehydration, especially in infants.
Digestive Homeostasis Disorders

- **APPENDICITIS** – an inflammation of the appendix due to infection.
- Common treatment is removal of the appendix via surgery.
GALLSTONES - an accumulation of hardened cholesterol and/or calcium deposits in the gallbladder.

Can either be ‘passed’ (OUCH!!) or surgically removed.
Digestive Homeostasis Disorders

- **ANOREXIA NERVOSA** - is a psychological condition where an individual thinks they appear overweight and refuses to eat.
- Weighs 85% or less than what is developmentally expected for age and height.
- Young girls do not begin to menstruate at the appropriate age.
HEART BURN - acid from the stomach backs up into the esophagus.
Lactose intolerance

- Lactose is sugar primarily found in milk and dairy.
- It goes through the small intestine indigested because small intestine can’t produce an enzyme - lactase - to break it down.
- This undigested lactose moves into the large intestine where bacteria try to ferment it.
- This results in large quantities of gas, bloating and diarrhea.
Gluten intolerance (coeliac disease)

- Gluten is a protein found in wheat, barely and rye.
- The lining of the small intestine are damaged by gluten - the villi are flattened and unable to absorb nutrients from food.

Symptoms: Abdominal pain, Bloating, Diarrhoea, Vomiting, Constipation, Irritability, Fatigue, Weight loss, Vitamin and mineral deficiencies.
When things go wrong
Keeping the digestive system healthy
Avoid foods that are high in sugar and fat.

- Chips/fried food
- Sweets
- Soft Drinks
- Fast Foods
What foods are good for the Digestive System?

- Meat and Fish
- Bread and cereal
- Milk and dairy
- Fruits
- Vegetables
Eating

- Always make sure that you chew your food good and completely before you swallow.
Drink plenty of water so your food can digest well.
Eat foods that are high in fiber

Fiber encourages the passage of materials through the digestive system.

- Muesli and cereals
- Breads and pasta
- Fruit
- Veggies
Overeating will cause your stomach to stretch like a balloon.
Food stays in your digestive system for about 24 hours.
Texas, USA
Japan
France
Canada
Italy
California, USA
Australia
North Carolina, USA
United Kingdom
China
Luxembourg
Turkey
Mali
India
Bhutan
Chad
Equador