

NUTRITIONAL THERAPY OF PATIENTS WITH INFLAMMATION OF THE GALLBLADDER AND BILIARY

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Abstract

The gallbladder is a small pear-shaped sac located underneath the liver. Its main function is to store the bile produced by liver and pass it along to the small intestine. Bile helps to digest fats in the small intestine. The majority of gallbladder diseases are caused by inflammation due to irritation of the gallbladder wall, which is known as cholecystitis. This inflammation is often due to gallstones blocking the ducts leading to the small intestine and causing bile to build up.

The nutrition of 30 patients (15 men and 15 women, age from 18 to 78 years) with inflammation of the gallbladder and biliary system from Public Health Institution General Hospital - Veles were described in this research. The values of erythrocytes, leukocytes, glucose, urea, aspartate transaminase (AST), alanine transaminase (ALT), and alpha-amylase were controlled during period of one week. The diet of these patients is of great importance and it is divided into three phases. From the first to the third day after surgery during the acute phase of the disease when biochemical values deviate from normal values, patients were fed parenterally. The second phase is from the third to the seventh day where the amount of fat in the diet is reduced to a minimum. The third phase is feeding at home after a hospital treatment. After seventh day the consumption of eggs, pasta with eggs, ripe cheeses, lard, fresh fruit, cabbage, and alcoholic beverages is prohibited. The nutritional therapy used in our investigation provides: improving the general health, calming the inflammatory process, preventing complications by properly implementation.

The education of people, especially for the patients with inflammation of the gallbladder and biliary is very important for their better health. Our suggestion is to organize seminars, lectures where people can obtain more information about allowed and no allowed food in different period of curing and/or to prevent this diseases.

Whether or not we are at risk for gallstones, it's always a good idea to keep our body at a healthy weight and eat a diet that is low in fat and cholesterol, moderate in calories, and high in fibres.

Key words: Diet, Gallbladder, Biliary, Inflammation, Prevent, Complications.