Your Gut! Diseases and Disorders of the Digestive System

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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The primary purpose of the digestive system is processing the food to offer the body essential nutrients, energy and to deal with the waste material. The energy is imperative for the survival of human beings. Across the world, digestive disorders prove to be the prominent cause of illness for communities. They range from minor to major as nausea or disturbance after eating a meal or severe cases as colon cancer. Digestive diseases and disorders are reflected through certain conditions as nausea, diarrhea, vomiting, constipation, heartburn, bleeding from the digestive tract, abdominal swelling and pain, and loss of appetite. Several disorders can potentially affect parts of the digestive system instead of targeting one. Gastrointestinal disorders encompass a significant amount of complexities wherein the gastrointestinal (GI) tract appears to be normal but functions inappropriately. The common factors affecting the mobility of GI tract are lack of exercise, consuming junk food and unhealthy diet, changes in routine or traveling, stress, consuming a significant amount of dairy products, pregnancy and stress (Liao, Zhao, & Gregersen, 2009). Constipation means facing difficulties to pass the stool which is caused by eating an inadequate amount of fiber in the diet or distortion in the regular routine. Besides, a critical amount of conditions encompass complexities in the digestive systems. For instance, auto-immune and inflammatory conditions, infections, structural or functional problems, tract and cancers. The presence of different kinds of bacteria is dominant in most of these complexities. Food poisoning or pain in the abdomen illustrate the consequences of not being able to consume a healthy diet or walking or exercising to digest the meal properly.

**First response**

The discussion post offers a comprehensive account of the functions, diseases and disorders of the digestive system. The digestive process has initiated the instance the bolus travels via the esophagus because it starts to further break down and travel down the body at this point. Certain kinds of disease related to the digestive system are highlighted in the discussion post For instance, Gastroesophageal Reflux Disease (GRED) is a severe condition comprising heartburn caused by the weakness of the valve between stomach and esophagus. GED is discussed thoroughly in the post. I shall advance to respond and discuss the celiac disease. As per estimates, one in 133 Americans is suffering from celiac disease (Lamont, 2015). An intriguing reality is that 835 of people having celiac disease are unaware of the disease or are misdiagnosed. Gluten is necessary to keep the immune system on track as the disease causes severe damage to villi which is a fingered like protrusions in the small intestines. These protrusions are essential to assist the body to absorb the meal and nutrients (Lee et al., 2013). In children, signs of celiac disease include bloating, diarrhea, vomiting, constipation, weight loss and abdominal pain it was productive to discuss it as its symptoms cannot be identified in most of the cases.

**Second Response**

In the second post, the mechanical and chemical processes of the digestive system are discussed. The very first step is chewing known as swallowing or ingestion. Afterward, digestion takes place and the food is broken to be absorbed in the form of particles. The discussion post also highlights the features of the gastrointestinal system and its organs. Celiac disease is discussed which is also critical as its symptoms are often undetectable. It is a common disease which can be confronted by consuming an excessive amount of gluten. I shall discuss the disease namely hemorrhoids. It is an inflammation of blood vessels at the end of the digestive tract. They can be very painful and itchy. Its causes comprise diarrhea, chronic constipation, lack of fiber and nutrients in the diet and straining in bowl movements. It can be treated by drinking an excessive amount of water eating more fiber and exercising persistently. In case the condition does not get better it is necessary to consult a doctor where at times, hemorrhoidectomy is required to remove the hemorrhoids through surgery. As per a scientific study, approximately 75% of Americans aging above 45 have hemorrhoids (Hunt et al., 2015). However, the information presented in the discussion post was also productive and adds to the comprehension of the mechanics, disorders and diseases of the digestive system.

References

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