

ISCHAEMIC COLITIS IN A YOUNG ADULT MALE-INFECTION V/S IDIOPATHIC

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Purpose: Ischaemic colitis, while a well recognised entity in older patients, is very rare in young males. An extensive literature review also suggests that the etiological investigation of ischaemic colitis is usually negative in young patients.

Methods: The patient is a 30 year old white male who started complaining of abdominal cramps and bloody diarrhoea about 8–10 hours after eating restaurant food. On physical examination he was dehydrated with low grade fever. The abdomen was diffusely tender with hyperactive bowel sounds. The hemoglobin level was 11.5, WBC-14300 with left shift.

Colonscopy revealed well demarcated segmental splenic flexure involvement, with mucosal denudation and ulceration. The microscopic examination was consistent with ischaemic colitis. The patient had fast recovery on oral cipro and flagyl.

Conclusions: We report, a case of typical ischaemic colitis in a young male. He had no known risk factors. The most likely etiology is infectious colitis.