

UNDERSTANDING SUPERIOR MESENTERIC ARTERY SYNDROME

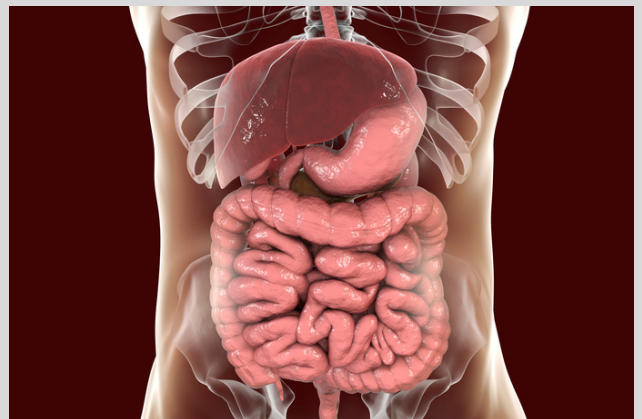
WHAT IS SUPERIOR MESENTERIC ARTERY SYNDROME?

Superior Mesenteric Artery Syndrome is a rare medical condition that occurs when the first part of your small intestine is compressed between the aorta and the superior mesenteric artery. This blockage causes issues when it comes to food trying to travel through the duodenum and leads to bowel obstruction within the small intestine. The bowel obstruction of food and other substances can cause widening and damage to the duodenum and the stomach. Weight loss is the most common cause of superior mesenteric artery syndrome. When someone with SMAS loses weight quicker than usual, the normal fat within the abdomen decreases in size, which causes the angle of the compression of the SMAS. The result of this will put more pressure on the intestine.

SYMPTOMS

Symptoms of SMAS vary immensely from one person to another. They will either develop very quickly or slowly as time goes by. If you have SMAS, your symptoms can be intermittent. Some of them are listed below.

- Feeling full quickly when eating
- Bloating after meals
- Belching
- Nausea
- Heartburn
- Chest pain
- Vomiting partially digested food and bile within 30 minutes of eating
- Indigestion
- Small bowel obstruction
- Sudden weight loss
- Abdominal pain (after eating)



CAUSES

Some of the causes of superior mesenteric artery syndrome include:

- Weight loss
- Use of body casts
- Rapidly growing
- Prolonged bed rest
- Abdominal surgery
- Loss of tone in the abdominal wall
- Lordosis

HOW IS SMAS DIAGNOSED?

Superior mesenteric artery syndrome can be diagnosed based on your symptoms. Many tests can be performed to confirm the diagnosis, such as:

- Abdominal X-ray
- Upper endoscopy
- Computed tomography (CT scan)
- Doppler Ultrasound
- Hypotonic duodenography

NEXT STEPS

There are a few different treatment options for superior mesenteric artery syndrome. Not everyone diagnosed will proceed with the same treatment, so you should consult with Dr. Singaram to figure out which treatment would be best for you.

To schedule an appointment with Dr. Singaram, please contact **Singaram Gastroenterology** at 605-310-2000.

REFERENCES

Superior Mesenteric Artery (SMA) Syndrome: Causes, Symptoms, Treatment, and More (webmd.com)

Superior Mesenteric Artery Syndrome - NORD (National Organization for Rare Disorders) (rarediseases.org)