

Chronic Recurrent Pancreatitis

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Jade is a 43-year-old gentleman, a hard-working auto repair store owner. He came to my clinic about 3 years ago for chronic recurrent pancreatitis. He had this disease for more than 5 years and had multiple hospitalization. He has seen a lot of specialists in university hospitals and had numerous tests and procedures. He used to drink alcohol and stopped after the first attack. He was told to avoid fatty and greasy food to avoid pancreatitis. He still had quite frequent attacks and nobody knew what was causing it. He spent tons of money for his pancreatitis and recently lost his insurance. He almost gave up when he came to me to see if I can offer any help.

I carefully reviewed his chart and examined him. He has had very extensive tests and they have ruled out almost all the obvious and common pancreatitis. My clinical impression was micro-gallstone-induced recurrent pancreatitis. I gave him new medication to help dissolve micro-gallstone to prevent pancreatitis. He came back to my clinic six months later and reported no new attacks. He asked if he could decrease the pills for his pancreatitis because of the expense of the medication. I told him that we can try to gradually decrease the medication to find the minimal dosage of the pill to prevent the attack. He came back in three weeks and reported that he had one attack. I asked how many pills he has been taking. He said he only used 1/3 of his previous pill. I told him to go back to his original dosage and we will adjust the dosage in 1-2 months. He finally was put on 2/3 of his original dosage and has not had any attacks for the last two years.

Micro-gallstone-induced recurrent pancreatitis is not uncommon cause of pancreatitis. He had seen many top gastroenterologists who are experts in biliary/pancreas diseases with capacity of doing ERCP/EUS in the well-known university medical center and large hospitals. He has had 4-5 rounds of similar tests and procedures which had been extremely expensive. But unfortunately, nobody gave him a reasonable explanation of the cause of his pancreatitis and offered him any effective treatment. He was so grateful that I could help him without spending much money. If you need help to manage chronic pancreatitis, please contact Dr. Jeff Ye, North Atlanta Medical & Digestive Care at 770-346-0900. We can help!