Problem solving exercise: inflammation and repair – peptic ulcer

Answer sheet

Part I

1. **Describe the main pathological feature:** Within the centre of the portion of stomach, there is a large oval shaped peptic ulcer, with a crisply punched out margin. The base of the ulcer shows necrotic slough, with a central, large, dilated blood vessel.

2. **From where would these histological sections be taken in relation to Picture A (Image Map: A_CI_UL_ST_17)?**

   - **Picture B** (low power) *(Image Map: A_CI_UL_ST_18)* is taken from the edge of the ulcer and it shows (on the right of the picture) the mucosal epithelium undergoing regeneration (it is this epithelial regenerative component that gives the crisply punched out appearance to the ulcer to the naked eye). To the left of picture B the ulcer base is seen to consist of necrotic slough with underlying inflammation.

   - **Picture C** (low power) *(Image Map: A_CI_UL_ST_19)* shows the zonal pattern of the ulcer base, with a superficial zone of necrotic slough at the surface, an inflammatory zone in the middle, and at the bottom there is a zone of repair with fibrous scarring extending into the muscular layers of the stomach wall. To the left of the picture, there is a dilated, large arterial blood vessel (corresponding to the large blood vessel seen in picture A).

   - **Picture D** *(Image Map: A_CI_UL_ST_20)* shows a medium power view of the zonal pattern of the ulcer base with necrotic slough near the surface with a fibrinous exudate. Underneath this, there is a zone of inflamed granulation tissue, in which a mixture of capillary blood vessels and fibrous tissue can be discerned. Under that is a zone of granulation tissue with scarring (with some chronic inflammation) extending into the muscle wall of the stomach.

3. **What are the components of this tissue?** **Picture E** *(Image Map: A_CI_UL_ST_21)* shows a high power view of the zone of inflamed granulation tissue. You can make out the dilated capillary blood vessels, containing red blood cells and occasional marginating neutrophils. In between the capillaries there are spindle shaped fibroblasts laying down collagen (forming fibrous tissue - repair). Within the fibrous tissue there is an infiltrate of inflammatory cells, mostly neutrophils (acute inflammation) with some macrophages and lymphocytes (chronic inflammation).
inflammation). This is acutely & chronically inflamed granulation tissue seen within the superficial and middle zone of the ulcer base.

4. **From the above macroscopical and microscopical observations, what do you deduce about the nature of this disease?** There is evidence of persistent or recurrent injury (gastric acid and enzymes) leading to cell death by necrosis at the superficial part of the ulcer. This triggers an acute inflammatory response, leading on to chronic inflammation with granulation tissue, leading to laying down of fibrous tissue and subsequent scarring. This is therefore an example of acute inflammation, chronic inflammation and repair.

**Part II**

Peptic ulceration results from a disturbance in the usual balance between the mucosal defences of the stomach wall (a mucus layer on the epithelium) and attack by gastric acid. Initially, infection by the bacterium Helicobacter pylori may induce inflammation of the stomach and directly upset this balance allowing chemical attack of the gastric wall by acid.

**Discuss the rationale behind each of the following:**

1. **Advice on diet and way of life, to include small but frequent meals, additional alkaline foods (e.g. milk), and avoidance of aspirin.**

   It is important to think about aggravating factors that induce increased production of gastric acid, which then attacks the stomach wall/ulcer base causing persistent or recurrent chemical injury, leading to further cell death and inflammatory responses. Ways of reducing gastric acid production or neutralising gastric acid once it has been secreted include small but frequent meals in particular those with alkaline foods such as milk. Aspirin, and other non-steroidal anti-inflammatory drugs (NSAIDs), can chemically damage the gastric wall, aggravating peptic ulceration so these should be avoided. Other aggravating factors (that increase acid or reduce defences) include smoking, alcohol, spicy foods, and stress – all should be avoided if possible.

2. **An operation in which both vagus nerves were cut as they run towards the stomach, and a portion of the stomach was removed.**

   Gastric acid is secreted by parietal cells in the body (and fundus) of the stomach. One of the major influences on gastric acid secretion is the parasympathetic nervous supply running through the vagus nerves to the stomach wall. Therefore, surgical interruption of the vagus nerves can cut out this nervous stimulus to gastric acid secretion. Resection of part or all of the body and fundus of the stomach would also have the effect of removing those parts of the stomach containing parietal cells that secrete acid. Both of these treatments reduce acid within the stomach, cutting down the persistent or recurrent chemical injury, allowing the peptic ulcer to heal.
3. **Tablet treatment with either a histamine H2 receptor antagonist or a proton pump inhibitor.**

Another important influence on gastric acid secretion is the stimulatory effect of histamine on the H2 receptor on the acid-producing parietal cells. Drugs are available to block this interaction between the ligand (histamine) and its receptor (the H2 receptor), such as cimetidine. Other drugs are also available that can inhibit the proton pump in the parietal cells responsible for the secretion of acid, such as omeprazole. Another possible treatment uses Sucralfate which has the effect of increasing the viscosity of the gastric mucus and helps to form a physical barrier over the ulcerated site, further protecting it from the effects of the luminal gastric HCl.

4. **Tablet treatment with antibiotics.**

As one of the key initiating factors causing inflammation of the stomach (gastritis) is the bacteria Helicobacter pylori, then it makes sense to attempt to eradicate this bacterial infection (if present) with antibiotics such as amoxycillin or metronidazole. Usually these drug treatments are combined: using an acid-reducing drug such as either an H2 receptor blocker or proton pump inhibitor, plus 1 or more antibiotics.

**Part III**

Sketch out a flow diagram, linking the aetiology and pathogenesis of this disease to its presentation, the subjective symptoms the patient might have felt, and the physical signs of disease he or she might have exhibited.
Part IV

What other disease of the stomach could have a similar appearance?
A cancer (an unregulated growth of cells) in the wall of the stomach could also ulcerate giving a similar appearance to the naked eye (or looking at the internal lining of the stomach in the patient with a fibre-optic instrument – endoscope).

How would you distinguish between them?
A biopsy (a small fragment of tissue taken with a “grabbing” instrument using an endoscope) could be taken from the stomach of the patient, fixed and processed to make a slide of a section stained with haematoxylin & eosin. Microscopic examination of the slide would allow you to see if there were cancer cells present or whether there was acute and chronic inflammation with repair.