

## A Short Review on Tropical Sprue

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Malabsorption is a troubling clinical problem seen amongst people living or working in the tropical areas, manifesting usually as chronic diarrhea along with nutrition deficiencies. The main causes of malabsorption include infections affecting the small intestine [1].

Major causes of malabsorption in the tropical areas include: chronic pancreatitis, intestinal tuberculosis, SIBO [1].

Tropical sprue (TS) is a mal-absorptive syndrome that causes a prolonged diarrheal illness of two or more substances in people residing in the tropics or visiting them [2].

First recognized in the 2<sup>nd</sup> century AD, while the first modern mention of the disease in the medical literature was in 1747 by William Hillary, who had migrated from England to Barbados and had witness prolong diarrheal illness in the local island individuals [2].

TS is mostly noted in Asian and the Caribbean and is a disease of the adults [2]. Mainly suspected to our due to enteric infections in people having nutritional deficiencies [2].

Characteristic features include malabsorption, chronic diarrhea along with weight loss.

TS causes deficiency of folate and vitamin b12. Exact causes remains unknown.

Main theory for its mechanism is that following an acute intestinal infection there is destruction of the SI villi leading to

malabsorption. Factors causing it include Toxins, infections along with nutritional deficiencies [3].

Management has multiple aspects; these include fluid and electrolyte management, antibiotics, vitamin B12 along with folic acid. Therapy is given for a minimum of 3 months [3].

Hence, clinicians must be aware of this entity specially when the returning travelers present with diarrhea and have tested negative for celiac disease [4].

### Bibliography

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