

A PRELIMINARY STUDY OF CHOLELITHIASIS

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This study was carried out to describe the cholelithiasis cases according to the demographic, medical and social characteristics of the patients.

All the patients referred to the department of Radiology, Teaching hospital, Peradeniya for Ultrasound scanning were examined for cholelithiasis over a period of one year. Patients who were positive for gallstones were considered as the cases; 78 such cases were included in this study. A questionnaire was used to collect data on demographic, social and medical factors.

Analysis of the collected data revealed that 48.7% of the cases were between 40-59 age group. The number of cases below 29 years was only 06 (7.8%) and it was 24 (30.5%) for the above 60 years age group. Further, it revealed 27.8% were males and 70.9% were females. Among the patients 57 (72.2%), 18 (22.8%) and 3 (3.8%) were Sinhalese, Tamils and Moors respectively. There were 67 married (84.8%) and 10 (12.8%) unmarried cases. Most of the cases 49.4% were housewives and 20.3% were unskilled laborers. Professionals, technical and clerical categories contributed only 11.3%.

As far as the medical factors are concerned, diabetes mellitus was found among 17.7% of cases and hypertension in only 6.3 % of cholelithiasis cases. Among the 78 cases, only 1.3 % had pancreatitis whereas, 41.8% had cholecystitis.

The BMI was less than 18 in 5.2% of the cases. There were 19.5% cases between BMI of 18 - 20, 41.5% of 20-25, 31.9 % of 25-30 and more than 30 were only 3.9 %. There were 78.2 % of non-alcoholics among this study group compared to 17% of consumed less than 20 grams of absolute alcohol per day and 3.8% consumed more than 20 grams of alcohol per day.

The results of this study describe the relationship between demographic, social, medical and nutritional factors and cholelithiasis. Therefore, it is recommended to do an analytical study, possibly a case control one to assess the risk of above factors on cholelithiasis.