GI Issues in Muscular Dystrophy

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Financial Disclosures

No financial disclosures
Topics

• Nutrition

• Bowel Management
Topics

• Nutrition (Failure to Thrive/Poor Weight Gain)

• Bowel Management
Case Presentation: 18 yo with DMD
Nutritional Demands

• Cardiomyopathy

• Respiratory Effort

• Evidence Malnutrition Adverse Effects
  ✓ Decreased cardiac mass/altered electrical activity
  ✓ Decreased pulmonary function
  ✓ Decreased exercise ability
Nutritional Assessment

• Dietician/Nutritionist

• 3-5 day Food Diary
  ✓ Estimate Daily Caloric intake
  ✓ Assess vitamin/mineral intake
  ✓ Recommendation for dietary changes
  ✓ Recommendation for Supplementation

• Video Swallow Study (Aspiration)
Supplementation Options

• Increase caloric dense foods

• Drink Formula

• Tube feedings
  ✓ NG tube feeds
  ✓ Gastrostomy tube
Case Presentation: 18 yo with DMD
Unrecognized Signs of Constipation

• Early Satiety

• Decreased Appetite
Constipation Criteria

• Infrequent Stools (>4 days)
• Hard Stool
• Large Stools
• Pain with passing stool
• Strain to pass stool
• Stool Accidents (Encopresis)
Constipation Under Reported and Treated


120 patients

46.7% met diagnosis constipation

Less than half being treated (43.6%)
Quality of Life Factors

• Treatment Increases Frequency of Bowel Movements

• Fear of Having Bowel Movement in Public

• Fear of Having Stool Accident

• Fear of Loss of Control and Independence
Online GI Survey
(72 DMD Patients ≥18 y.o.)

• 2 or less bowel movements per week 9%

• Hard stools in last 2 months 13%

• Pain with Stools in last 2 months 25%

• Stool accident in last 2 months 35%
Constipation/Encopresis
Case Presentation: 18 yo with DMD
Treatment Options

• Laxatives - Titrate to find right dose

• Experiment with time of dose

• Intermittent clean outs

• Cecostomy
Antegrade Enemas

Add a stimulant
Long-term Follow-up of Patients After Antegrade Continence Enema Procedure

JPGN 2011;52: 574–580

*Anees A. Siddiqui, †Steven J. Fishman, ‡Stuart B. Bauer, and *Samuel Nurko

105 patients, average follow-up was 68 months (range 7–178 mo)
Dx: myelodysplasia (39%), functional constipation (26%), anorectal malformations (21%), nonrelaxing internal anal sphincter (7%), CP(3%), and other diagnoses (4%)
Summary

Further Understanding of GI issues in DMD

✓ Nutrition

✓ Bowel Management/Constipation