



Right sided transmesenteric hernia: A rare cause of acute abdomen in adults

Kaundinya Kiran Bharatam*, C. Kaliyappa, Raja Raghavendra Reddy

Sri Ramachandra Medical College, Chennai, India

ARTICLE INFO

Article history:

Received 4 September 2014

Received in revised form

11 November 2014

Accepted 12 November 2014

Available online 18 November 2014

Keywords:

Internal hernias

Right sided transmesenteric hernia

Acute abdomen – colic

Adult

Intestinal obstruction

Gangrene

ABSTRACT

INTRODUCTION: Transmesenteric mesocolic hernias are a rare cause of acute abdomen in adults with few reported cases in published literature.

PRESENTATION OF CASE: We report a rare case of a 30-year-old male with right-sided transmesenteric hernia of ileum due to a congenital mesocolic defect resulting in acute abdomen, presenting as acute abdomen. The hernia was reduced, small bowel inspected for gangrene and mesenteric hernia repaired, following which the patient made a good recovery and was discharged 5 days later.

DISCUSSION: The insidious onset of transmesenteric herniae and lack of specific radiological or laboratory investigations reaffirms the importance of surgeons maintaining a high index of suspicion for this surgical emergency.

CONCLUSION: Transmesenteric hernia though rare can present as a case of acute abdomen in an emergency. The diagnosis is purely by a CT scan and close monitoring of the patient's general condition in cases of non-specific abdominal pain is essential to identify the rare deteriorating patient for early surgical intervention and optimal outcome.

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1. Introduction

Internal hernias are a rare cause of acute abdomen and intestinal obstruction in adults. Of internal hernia transmesenteric hernia only constitute an estimated 5–10% of cases.¹ Mesenteric herniation leads to a variable degree of vascular compromise to the herniated bowel with ensuing obstruction, strangulation and bowel ischaemia. In published literature only 36 patients have suffered from bowel obstruction and 9 from ensuing ischaemia secondary to transmesenteric hernia.^{2–16} We report a rare case of a 30-year-old male with right sided transmesenteric hernia of ileum due to a mesocolic defect.

2. Presentation of case

A 30-year-old male, Mr. P, presented to Sri Ramachandra hospital, Chennai with sudden onset, 'crampy', abdominal pain more on the right side, radiating to back. Experiencing some associated nausea he had vomited clear fluid. The patient had experienced no fevers, dysuria, or change of bowel habit, no per rectal or per vaginal bleeding and systematic review was unremarkable. Nine

months ago he had an appendicectomy done with no subsequent problems.

On examination he was haemodynamically stable and apyrexial with a soft abdomen and mild generalized lower abdominal tenderness (right > left). No rebound tenderness or guarding was detected. Blood tests suggested with a borderline raised white cell count. Plain abdominal film showed some faecal loading of the colon but was otherwise unremarkable with no free air under the diaphragm. Initially the patient was treated with analgesia and a CT Scan was ordered (Fig. 1).

CT Scan of the abdomen revealed a transmesenteric hernia on the right side with small bowel loops but no evidence of intestinal obstruction, gangrene or perforation (Fig. 2).

Exploratory laparotomy was performed next day and findings included approximately 1 m of small bowel – ileum herniating through a right-sided transmesenteric defect. The hernia was reduced, small bowel inspected for evidence of gangrene and found to be normal. The mesenteric defect was repaired and rest of the abdomen was also inspected for other internal herniations. Mr. P made a good recovery and was discharged from hospital 5 days later.

3. Discussion

An internal hernia is a protrusion of viscera through a defect or aperture, either mesenteric or peritoneal, and may be either congenital or acquired. Internal abdominal hernias (IAHs) can

* Corresponding author at: Flat – 14, E block, Sterling Ganges, 214/32, Next to Nilgiris Superstore, Katupakkam, Chennai 600 056, India. Tel.: +9962631244.
E-mail address: kaundinyakiran@gmail.com (K.K. Bharatam).

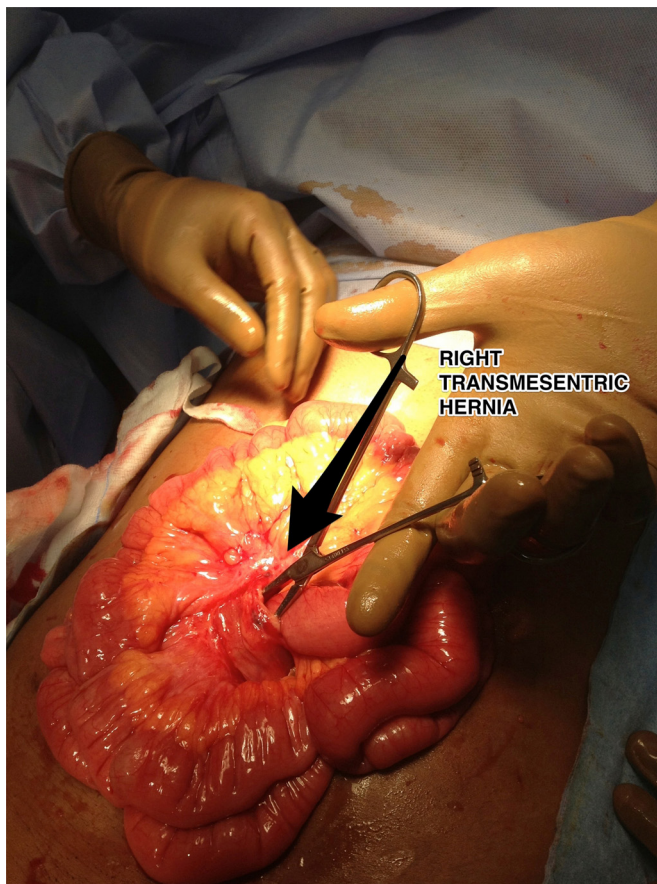


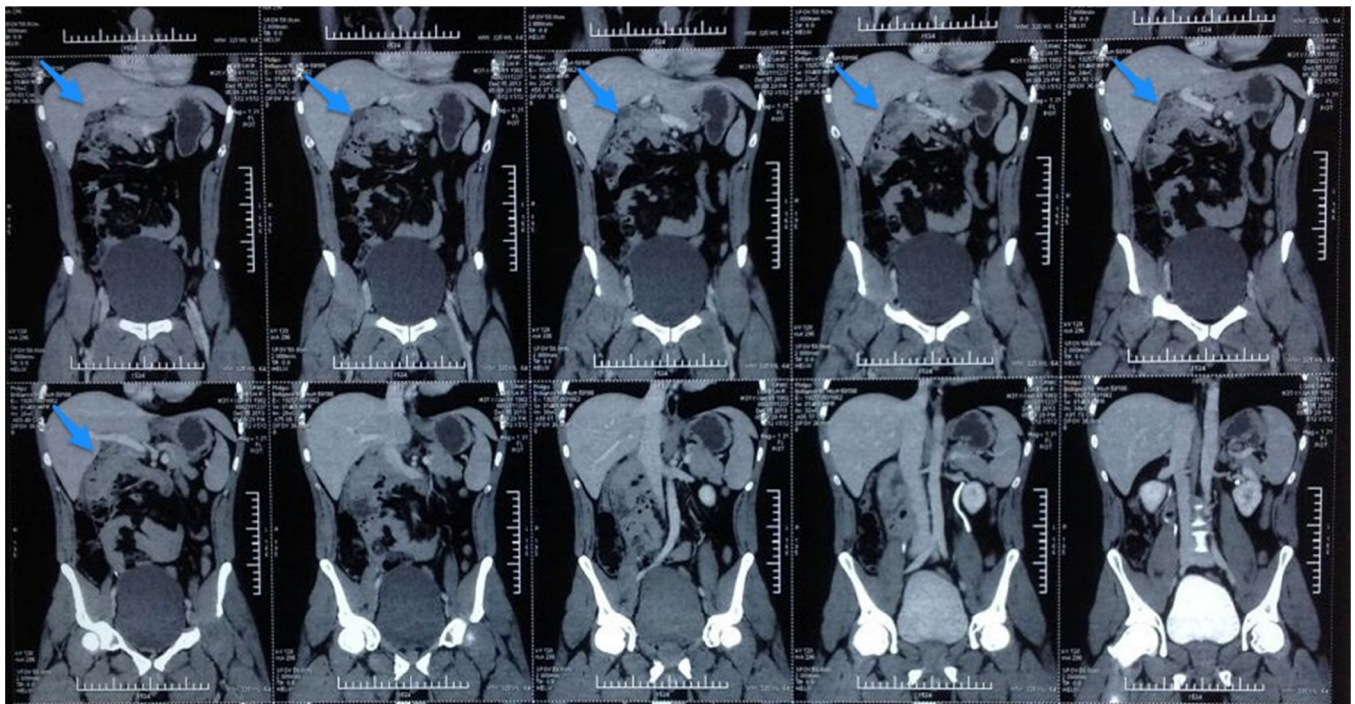
Fig. 1. Intra operative figure of the right transmesenteric hernia shown by the instrument (black arrow).

be classified as either retroperitoneal or formed from congenital anomalous openings, the latter lacking a true peritoneal sac. Retroperitoneal hernias can be subdivided into paraduodenal (30–53% of IAH), Winslow's foramen (8% of IAH), paracecal (6% of IAH) and intersigmoid hernias (5% of IAH), whereas hernias formed from congenital anomalous openings can be categorized as transmesenteric (5–10% of IAH), broad ligament (4–7%) or transomental hernias (1–4%). Transmesenteric hernias (TMHs) are the most common internal hernias in children, and are mainly caused by openings in the mesentery of the small bowel (71% of TMH) and less by mesocolic defects (26% of TMH).^{21,22}

The pathogenesis of mesenteric defects is uncertain with one popular hypothesis suggesting the cause may be prenatal intestinal ischaemia and subsequent thinning of the mesenteric leaves, because prenatal intestinal ischaemia is associated with bowel atresia in 5.5% of the paediatric population.¹⁸ Alternatively a genetic aetiology has been suggested given the association between transmesenteric hernia and other anomalies including cystic fibrosis and hirschprung disease.¹⁷

Three main types of transmesenteric internal hernias are seen. The first and most common is the transmesocolic, which has been documented to occur in 0.7–3.25% of patients after laparoscopic Roux-en-Y gastric bypass surgery.²³ The second type of transmesenteric internal hernia occurs when bowel prolapses through a defect in the small-bowel mesentery. Finally, the third type, known as the Peterson type, has also been described and involves the herniation of small bowel behind the Roux loop before the small bowel eventually passes through the defect in the transverse mesocolon.²⁴

Although surgeons attempt to close the defects created, they can be incompletely closed or can have a breakdown or a pulling of the suture material through the mesocolic fat.^{25,23} Enlargement of the mesenteric defect can occur with repeated herniation. Transmesenteric hernias are more likely than other subtypes to develop



BLUE ARROWS IN THE CT SCAN FILM SHOW THE BOWEL LOOPS IN THE RIGHT TRANSMESENTERIC HERNIA

Fig. 2. CT Scan figure depicting the bowel loops in the right transmesenteric hernia in the patient.

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