

Medical Imagery

## Large Gastric Bezoars in an Elderly Patient

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An 83-year-old man complained of abdominal fullness and epigastric pain for several days after consuming 12 persimmons in three days. Esophagogastroduodenoscopy showed 4 large bezoars about 4–5 cm in the stomach (Figure 1) and a 4 cm ulcer in the gastric angle. The bezoars were too large for direct basket removal. A mechanical lithotripter was used to break the bezoars into fragments (about 2–3 cm) (Figure 2) which were then successfully removed.

Bezoars are consolidations of indigestible materials, mostly found in the stomach, and may cause GI obstruction, hemorrhage, or perforation. Persimmon ingestion is the most common cause because it contains tannin that adheres food particles together after interacting with gastric acid. Risks of bezoars formation including diabetes mellitus, history of surgery, hypothyroidism, poor mastication and also dental problems in the elderly.<sup>1</sup>

Treatment modalities are conservative, endoscopic and surgical treatment. Conservative treatments involve dissolving the bezoars by ingesting Coca Cola, protease or cellulase, but more studies are needed to assess these methods.<sup>2</sup> Endoscopic fragmentation using forceps or lithotripters, followed by complete removal using a snare or basket can be employed for upper GI bezoars.<sup>3</sup> Surgery is indicated if bezoars are too large, located in the lower GI, causing intestinal ischemia, or perforation, and when other treatments fail.

### References

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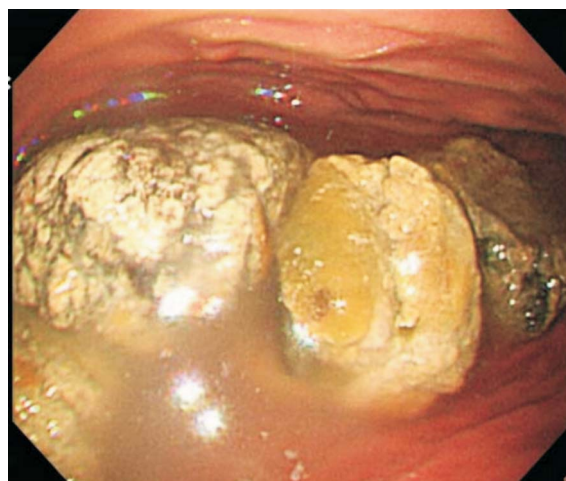


Figure 1. Four large bezoars about 4–5 cm in the stomach were found in EGD.

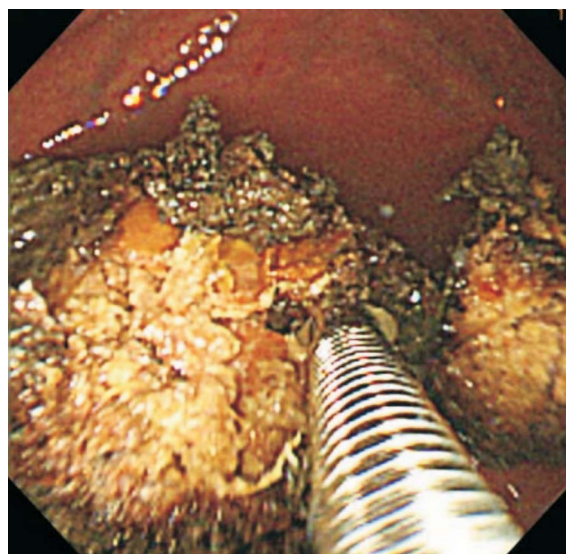


Figure 2. A mechanical lithotripter was used to break the bezoars into fragments.