

A Clinical Study of Prevalence, Etiology and Surgical Management of Cholelithiasis

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Abstract

Background: The incidence of cholelithiasis is on the rise in countries like India due to a change in dietary habits. Most of such cases require surgical interventions. We in the current study tried to evaluate the prevalence, etiology, and surgical management of cases of cholelithiasis at our tertiary care centre of south India. **Methods:** Based on the inclusion and exclusion criteria a total of n=50 consecutive cases with cholelithiasis were included in the study. A detailed history was recorded which includes socio-economic status, nature of the symptoms, duration of the symptoms, past-history of similar complaints, diet history, history of OCP, Alcohol habits. All patients underwent a detailed clinical examination. Investigations included complete hemogram, ECG, LFT, blood sugar, blood urea, serum creatinine, urine analysis, chest x-ray, ultrasound scan of the abdomen. **Results:** In this study, the total number of cases was n=50 out of which n=20(40%) were male patients and n=30(60%) were female cases. USG analysis revealed the presence of multiple stones was in 76% of cases, thickening of the gall bladder was in 80% of cases and the presence of mass was detected in 8% of cases of the study. 84% mixed type cholesterol stones in 10% and pigmented stones in 6% of cases. All the cases were operated n=29 underwent lap cholecystectomy and n=21 had undergone open cholecystectomy. **Conclusion:** The incidence of cholelithiasis is increasing and there is a predominance of females as far as the sex wise dominance of cases is concerned. Ultrasonography was the investigation of the choice in these cases. Multiple gallstones and thickening of the gallbladder were found in most cases. The conversion rate from laparoscopic cholecystectomy to open cholecystectomy was 12%. Post-operative complications were minimal, and no issues were reported in the follow-up period.