



## Dissolution of Gallstones and Hepatic Insulin Resistance

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### DESCRIPTION

Gallstones are solid masses that develop in the gallbladder, a tiny organ that stores and secretes bile, a digestive fluid that aids in the breakdown of lipids. Gallstones can vary in size and number, and they can be made of cholesterol, bilirubin (a pigment produced by the liver), or a combination of both. Gallstones can cause problems if they block the flow of bile from the gallbladder or the bile ducts, which are tubes that connect the gallbladder to the liver and the small intestine. The most common symptom of gallstones is biliary colic, which is a sudden and intense pain in the upper right or center of the abdomen. The pain may last from a few minutes to several hours, and it may be triggered by eating fatty or spicy foods. The pain may also radiate to the back, shoulder, or chest. Other symptoms of gallstones may include:

- Nausea or vomiting
- Fever or chills
- Jaundice
- Dark urine or pale stools
- Itchy skin
- Loss of appetite or weight loss

These issues can be fatal and necessitate immediate medical intervention. The exact cause of gallstones is not fully understood, but some factors that may increase the risk of developing them are:

- Being female and over 40 years old.
- Overweight or obese.
- Having a family history of gallstones.
- Having diabetes, liver disease, or blood disorders.
- Losing weight rapidly or fasting.
- Taking certain medications, such as oral contraceptives or cholesterol-lowering drugs.

To diagnose the gallstones, doctor may ask about the symptoms and medical history, and perform a physical examination. Additionally, they might require some testing, such as:

- Blood tests checks for signs of infection, inflammation, or liver problems.
- Ultrasound creates images in the gallbladder and bile ducts and detects any stones.
- CT scan provides detailed images in the abdomen and rule out other causes of pain.
- ERCP (endoscopic retrograde cholangiopancreatography) insert a thin tube with a camera and a light through the mouth into small intestine and inject dye with the help of bile ducts to see any stones or blockages.

The treatment for gallstones depends on whether they cause symptoms or complications. If anyone has asymptomatic gallstones, meaning that have no pain or problems from them, and may not need any treatment. However, one should monitor the condition and observed by doctor regularly. If anyone having symptomatic gallstones means the pain or other issues from them may need the following treatments Surgery is to remove the gallbladder (cholecystectomy), which is most common and effective treatment for gallstones. One can live without the gallbladder, but need to adjust diet and important to avoid fatty foods. Medication is done for dissolving gallstones (ursodeoxycholic acid or chenodeoxycholic acid), which may take months or years to work and may not prevent new stones forming. This option is only suitable for small cholesterol stones and people who cannot have surgery. Lithotripsy is to break up gallstones with sound waves (extracorporeal shock wave lithotripsy), which may be used in combination with medication. This option is only suitable for few small stones and people who cannot have surgery. To prevent gallstones from forming or recurring, one should maintain a healthy weight and lose weight gradually if needed, well-balanced diet that is high in fiber and low in fat, consume lots of water and stay away from alcohol, exercise regularly, avoid skipping meals or fasting, etc., Gallstones are common and can cause severe pain and complications if left untreated. If anyone have the symptoms of gallstones, then one should take the help of doctor as soon as possible for diagnosis and treatment.

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