

### **Question 19 – December 11**

A 56 year old African American woman presents to your office with complaints of bloating, abdominal pain, and diarrhea. Several months ago she had taken a cruise and developed non-bloody diarrhea along with several of the other travelers in her group and her current symptoms started after that trip. She denies any history of GI illnesses prior to this and also denies weight loss, hematochezia, rash, joint pain, or fatigue. What is the most likely cause of her current symptoms?

- A. Crohn's Disease
- B. Ulcerative Colitis
- C. Acute viral gastroenteritis
- D. Post-infectious IBS
- E. Celiac Disease

### **Answer: D**

Norovirus is the most common cause of acute gastroenteritis worldwide and is very contagious as well as hard to remove from the environment. The most common infective vehicles are leafy vegetables, fruits, nuts, and mollusks. Outbreaks on cruise ships and nursing homes can produce significant debility. Post-infectious IBS such as seen in this patient is common after norovirus infection.

### **Reference**

Dupont HL. Acute Infectious Diarrhea in Immunocompetent Adults. N Engl J Med. 2014 Apr 17;370(16):1532-40