

Minimally Invasive Colectomy Surgery for chronic constipation

By Tseng Hsiu-Ying

A sales executive with chronic constipation problems for over twenty years sought relief from Taichung Tzu Chi Hospital. Chronic daily relief treatment from over-the-counter laxatives led to dependency and decreased bowel function. Colorectal surgeon Dr. Chiu Chien-Ming performed a minimally invasive colectomy surgery procedure to keep alive the patient's hope for a normal life.

This forty-year old career woman suffered enormous stress in her workplace. She set high standards for herself and earned distinction at work. However, her greatest unspeakable sorrow was a worsening constipation condition even after many treatments with alternative medicines. She was stressed, deprived of sleep and felt hopeless. A friend referred her to see Dr. Chiu Chien-Ming for surgical relief.

Dr. Chiu explained that most constipation problems are related to stress and the immune system. Proper diet and healthy lifestyle, coupled with



Dr. Chiu Chien-Ming, Taichung Tzu Chi Hospital Colorectal Surgeon, explains the Minimally Invasive Colectomy Surgery to patient.

medicines, can improve and control the symptoms.

After a long period of monitoring her condition, Dr. Chiu determined that his patient was addicted to her dependence on laxatives and therefore a rare case of colectomy as an ultimate solution. A traditional colectomy removes the entire colon except the rectum. The

downsides to this approach include diarrhea and anastomotic leakage. Without the microbiome living inside the colon, the immune system weakens. Dr. Chiu's approach is to preserve a portion of the ascending colon to connect with the sigmoid colon. The resection is done using the laparoscopic instrument through a small incision on the abdomen.

The patient was smiling at a postoperative visit – symbolizing her huge improvement, compared with her hopelessness before the operation. The patient can now resume a normal life, concentrate on her career while developing a healthy bedtime habit, and she can take vacations. She was thankful to Dr. Chiu to help her discover her long

lost happiness.

Dr. Chiu commented that a colectomy is designed for patients who do not respond to medicines for a long period of time. Even though his approach is more complex, his patients did not suffer from postoperative diarrhea and anastomotic leakage, and the relief of constipation is 100 percent; compared to the success rate for not having to use laxatives at about 84 percent.

After some statistical analysis, Dr. Chiu confirmed the value of his modified surgical approach. He shared his findings with peers at regular medical forums. He hopes to benefit patients who suffer the same type of diseases.



Photo depicts the patient's colon with chronic constipation.