

## Acute Gastroenteritis at Seaside Resorts: Something New in Treatment

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### Abstract

2015, according to the World Health Organization (WHO) between 3 and 5 billion people worldwide fell ill with acute gastroenteritis, of which 1.3 million died. Most cases are children in the developing countries. Unfortunately, the statistics have not been improved.

At seaside resorts the rotavirus being the most common cause. Incubation period up to 48 hours. The disease provokes the ingestion of seawater contaminated with viruses.

Between May 15th 2000 and September 15st 2025, we treated 3824 patients with acute gastroenteritis. 752 were men, 1228 were women and 1844 children. The ages ranged from 6 months to 75 years old.

Make a correct diagnosis at an early stage is the decisive importance. Drug treatment with mandatory bowel cleaning provide complete recovery within 4-18 hours. The cost of treatment is not expensive.

**Keywords:** acute gastroenteritis, viral gastroenteritis.

### Introduction and Methods

2015, according to the World Health Organization (WHO) between 3 and 5 billion people worldwide fell ill with acute gastroenteritis, of which 1.3 million died (1,2). Most cases are children in the developing countries. Unfortunately, the statistics have not improved.

At seaside resorts the rotavirus being the most common cause. Incubation period up to 48 hours (3). The disease provokes the ingestion of seawater contaminated with viruses. Viruses directly invade the intestinal wall causing reversible damage the microvilli of the gastrointestinal system (4).

The disease begins suddenly with the appearance of headache and unexplained weakness even syncope, mild nausea. Elderly people explain this by a change of blood pressure, which differs slightly from normal. The only objective finding during physical examination is auscultatory increase of intestinal peristalsis with characteristic sounds of liquid splashing. Making the correct diagnosis at this stage plays a decisive role for duration of recovery. On the next stage, which occurs after 4-6 hours, nausea intensifies, diarrhea, abdominal spastic pain and vomiting (not always), appears, the temperature rises to 38-40 C%. The diagnosis becomes obvious.

Treatment begins with the use of antiemetic drugs. On the early stage, Metoclopramide Hydrochloride is prescribed – tablets for adults, syrup for children, and in case of increase of fever Paracetamol. If the patient has repeated or recent vomiting Metoclopramide hydrochloride indicated parenterally. For children under 5 years old it is useful to prescribe Almora Plus, Pedialyte, Ceralyte. After this the patients should not take liquids or food for 1-1.5 hours. At the same time, it is mandatory to prescribe twice cleaning of bowel with enema,

especially for people suffering with constipation. The use of Glycerin suppositories at adults is ineffective in most cases. After cleaning the intestines symptoms generally resolve quickly - the fever decreases, weakness and headache disappear, appetite is restored. Diet- rice soup, mineral water, tea, crackers, bananas, apples. After 8-12 hours all boiled foods are allowed, excluded fried, fatty, milk, other fruits and vegetables.

In cases where the patient has nausea, vomiting and diarrhea but don't have fever, antiemetic combined with an antidiarrheal drug - Loperamide Hydrochloride. If there is a fever, use of Loperamide hydrochloride is not recommended as it may prolong the illness. At elderly people with hypertension takers of antihypertensive drugs require monitoring of blood pressure, since the usual dose can be a cause of decrease in appearance of dizziness and weakness. With treatment according to the above method, healing occurs within 4 - 18 hours.

At all cases it was not necessarily gastric lavage, antibiotics and other medications, parenteral liquid or hospitalization.

**Differential diagnostics** is necessary with inflammatory diseases of the nasopharynx, especially at children, when an intense cough causing vomiting. A test with cleaning drugs is useful. If after their use appears intestinal disorders the diagnosis of gastroenteritis is confirmed. In recent years simultaneous illnesses of the nasopharynx and intestine have been observed, requiring combined treatment. Also need to remember about acute appendicitis and other inflammatory diseases of the abdominal organs.

We have not observed cases of salmonellosis, dysentery, cholera and other dangerous infections.

### Material

Between May 15th 2000 and September 15st 2025, we treated 3824 patients with acute gastroenteritis: 752 were, men,1228 were women and 1844 children. The ages ranged from 6 months to 75 years old.

### Results

Using our method, complete recovery was observed within 4-18 hours at all 3824 patients.

### Conclusion

Correct diagnosis at an early stage has a decisive importance, when the only objective finding during physical examination is auscultatory increase of intestinal peristalsis with characteristic noise of liquid splashing. Treatment according with mandatory bowel cleansing ensures complete convalescence within 4-18 hours. The cost of treatment in Greece does not exceed 4 €.

Our method probably can be successfully used for other forms of acute viral gastroenteritis.

Further research is required.

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