

Superior mesenteric artery syndrome (SMAS), a solution of the puzzle Systematic review of reported cases

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Abstract:

Introduction: Superior mesenteric artery syndrome (SMAS) is an uncommon medical condition. Symptoms associated with SMAS may mimic those of various other medical conditions, leading to potential delays in diagnosis. The decision between conservative management or surgical intervention often lacking clarity.

Methods: A systematic review was conducted, 474 cases out of 262 articles were analyzed.

Result: SMAS were predominantly observed in females during their second and third decades of life. A significant peak in incidence was noted among teenage patients. The primary pathology leading to SMAS was found to be surgical procedures, followed by psychiatric conditions.

Among the common symptoms reported, vomiting was the most frequent followed by abdominal pain and nausea. Weight loss was reported in approximately 40% of patients.

Conservative treatment was successful in 37.8% of all patient. Surgical intervention was ultimately chosen as the treatment of choice in 62.26% of cases. Notably, surgical treatment was more common in Europe compared to Asia and America. The duration of symptoms played a significant role in determining treatment strategy. Approximately 5% of cases reported persistent symptoms or complications, with 1.5% of mortality.

Conclusion: Superior mesenteric artery syndrome should be in the list of differential diagnosis of any epigastric pain with vomiting and weight loss, especially within teenage females. The duration of symptom could orient the treatment strategy in which the conservative treatment could attempt in patient with shorter duration of symptoms. Duodenojejunal anastomosis is the first line of surgical management.

Key Words: Superior Mesenteric Artery Syndrome, Wilkie's Syndrome, Conservative Treatment, Surgical Treatment.



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متلازمة الشريان المساريقي العلوي، محاولة لحل اللغز مراجعة منهجية لتقارير الحالات المنشورة

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الملخص:

المقدمة: متلازمة الشريان المساريقي العلوي حالة طبية نادرة. قد تتشابه أعراضها مع أعراض حالات طبية أخرى متنوعة، مما يؤدي إلى تأخير محتمل في التشخيص. كما أن الاختيار بين العلاج المحافظ أو التدخل الجراحي مثار جدل.

المواد الطرائق: تم إجراء مراجعة منهجية، حيث تم تحليل بيانات ٤٧٤ تقرير حالة من ٢٦٢ مقالة.

النتائج: لوحظت متلازمة الشريان المساريقي العلوي بشكل رئيسي لدى الإناث خلال العقد الثاني والثالث من العمر، مع ذروة ملحوظة في الإصابة بين المرضات في سن المراهقة. لوحظ أن السبب المرضي الرئيسي المؤدي إلى هو حالات نقص الوارد الغذائي ما بعد الإجراءات الجراحية، تليها الحالات النفسية. من بين الأعراض الشائعة، كان الإقياء، يليه الألم البطني فالغثيان. كما تم الإبلاغ عن فقدان الوزن في حوالي ٤٠٪ من المرضى.

كان العلاج المحافظ ناجحًا في ٣٧.٨٪ من إجمالي المرضى، بينما تم اختيار التدخل الجراحي كخيار علاجي في ٦٢.٢٦٪ من الحالات. ومن الجدير بالذكر أن العلاج الجراحي كان أكثر شيوعًا في أوروبا مقارنة بآسيا وأمريكا. كما أن مدة الأعراض لعبت دورًا مهمًا في تحديد استراتيجية العلاج. تم الإبلاغ عن أعراض مستمرة أو مضاعفات في حوالي ٥٪ من الحالات، مع معدل وفيات بلغ ١.٥٪.

الاستنتاج: يجب إدراج متلازمة الشريان المساريقي العلوي ضمن قائمة التشخيص التفريقي لأي ألم شرسوفي مصحوب بقيء وفقدان وزن، خاصة لدى الفتيات المراهقات. يمكن أن توجه مدة الأعراض استراتيجية العلاج، حيث يمكن محاولة العلاج المحافظ في المرضى الذين يعانون من أعراض لفترة أقصر. تعد مفاغرة العفجية الصائمية الخيار الجراحي الأول في العلاج.

الكلمات المفتاحية: متلازمة الشريان المساريقي العلوي، متلازمة ويلكي، العلاج المحافظ، العلاج الجراحي.

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Introduction:

Superior mesenteric artery syndrome (SMAS) is a condition in which the third portion of the duodenum becomes compressed between the abdominal aorta and the superior mesenteric artery. The typical angle between the two arteries ranges from 28 to 65 degrees, with a normal measurement of around 45 degrees. The distance between the aorta and superior mesenteric artery as they pass through the duodenum usually falls between 13 to 34 mm (1). The reduction of retroperitoneal fat pad is believed to be the primary reason for the aortomesenteric angle decreasing to less than 20 degrees and the aortomesenteric distance shortening to less than 10 mm (2). The incidence of this rare pathological condition varies from 0.013 to 0.3% (3). The first documented case of duodenal obstruction due to compression by the superior mesenteric artery was reported by Austrian professor Carl von Rokitsky in 1842 (4). In 1927, Wilkie presented a detailed series of 75 cases, leading to another commonly used name for superior mesenteric artery syndrome, which is Wilkie syndrome (5).

Symptoms of SMAS may mimic various other medical conditions. Typical symptoms include upper abdominal pain, vomiting, nausea, and weight loss (2, 3, 6).

Diagnosing SMAS can be challenging due to the non-specific nature of the symptoms. Diagnostic imaging such as CT scans may be necessary to rule out other conditions and confirm SMAS by assessing the aortomesenteric angle and distance. Additional diagnostic tools like barium swallow, endoscopy, and doppler ultrasound can also aid in confirming the diagnosis (2, 3).

Treatment for SMAS remains a topic of debate, with the choice between conservative and surgical approaches not always straightforward. Conservative treatments may involve high-calorie enteral feeding via oral intake or a nasojejun tube, as well as total parenteral nutrition. Surgical options, such as duodenal mobilization techniques like Strong's procedure, gastrojejunostomy, or duodenojejunostomy, may also be considered.

In the medical literature, numerous articles have been published to investigate this cause of upper intestinal obstruction. Most of them were either case reports or

serial case reports, with a limited number of cohort studies having an adequate number of patients.

The largest cohort study included 80 cases studied retrospectively by Lee et al. in 2012 (2), Jiain et al. (7) revised the results of laparoscopic duodenojejunal anastomosis in 22 patients and Tang et al. (8) in 9 patients, other limited cohort studies introduce the experience in sample of approximately twenty patients (١٢-٩) .

Some reviews (3, 13) and systematic reviews (6, 14) were performed; none of them contained a large number of SMAS cases.

In this study, a systematic review was conducted for all reported cases and studies to enhance our understanding of this particular syndrome.

Materials and methods:

Study Population and Search Strategy

Between 1963 and July 2024 using the PubMed database (US National Library of Medicine, Bethesda, Maryland), a systematic medical literature search was conducted to identify the articles describing the SMAS. Using the following key words ("superior mesenteric artery syndrome" OR "wilkie's syndrome") AND ("treatment" OR "therapy" OR "post-operative" OR "surgery" OR "surgical" OR "duodenojejunostomy" OR "duodenal derotation" OR "gastrojejunostomy" OR "conservative treatment" OR "complications"), 935 articles were identified.

Selection Criteria

The systematic review started from a very broad search process to include every possible article. The systematic review commenced with an extensive search process aimed at encompassing all potential articles. Subsequently, the search was refined to include only English or French original articles, case reports, case series, editorial letters and cohort studies detailing the SMAS. Articles lacking pertinent data were then incorporated into the exclusion criteria.

Selection of Data

Studies for review were chosen based on their titles or abstracts. Those studies that satisfied the inclusion criteria were included in the review. In cases where it was uncertain from the abstract whether a study met the inclusion criteria, the full article was obtained for additional assessment. A

Figures legends

total of 648 articles were initially selected based on their titles, with 497 articles selected based on their abstracts. The full text of 366 articles was then examined, and 262 articles were ultimately included for data extraction, provided they presented a case report or case series of SMAS.

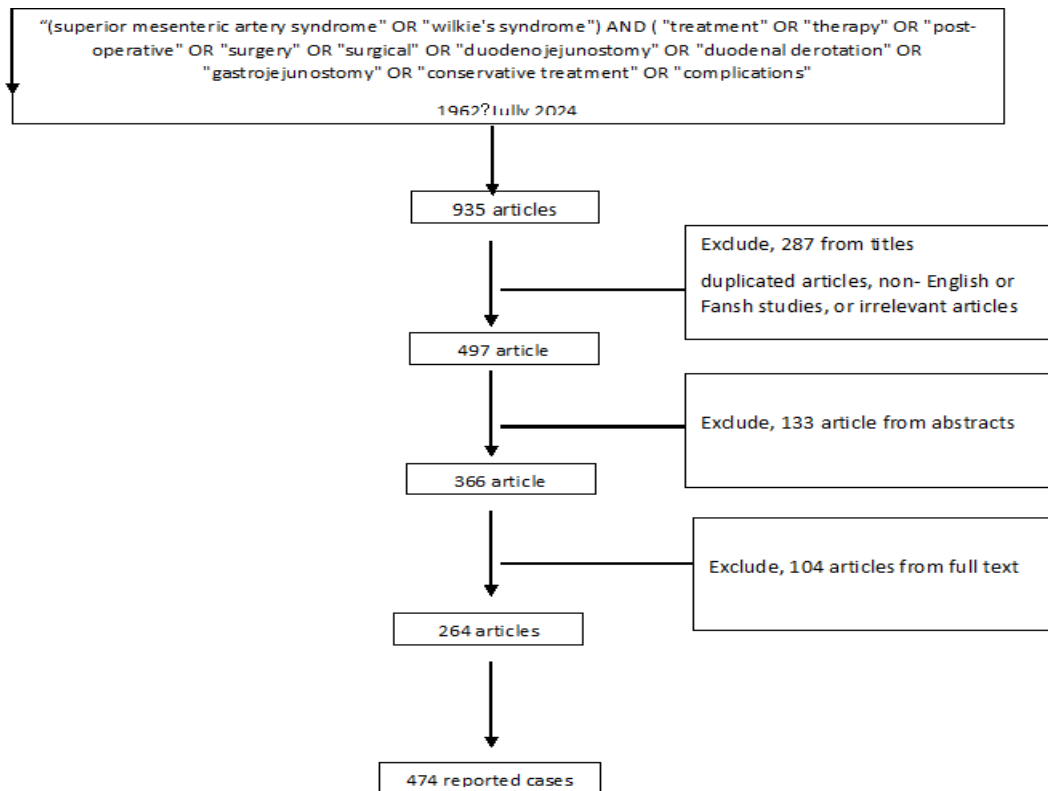


Figure 1: The selection process of the study results,

Data Extraction

In total, 474 cases (out of 262 articles (15-279)) of reported SMAS were selected to establish our database.

The data extracted from each article included the author's name, publication year, countries involved, patient age, patient weight, body mass index (BMI), adjacent pathologies and antecedents, main symptoms, duration of symptoms, weight loss, diagnosis procedure, aortomesenteric angle and distance, details of conservative or surgical procedures, and follow-up outcomes. This extracted data was organized into an Excel table and a

statistical analysis was conducted using SPSS software.

Results:

Age and gender

The data extracted from 474 reported cases indicated that the SMAS were more frequently observed in females during their second and third decades of life. 62.66% of all patients were female, and 37.4 % were male. 65.4% of all cases were reported in patients aged between 15 and 45 years old. The mean age was 31.06 years (SD± 19.30). The mean age among males was slightly higher than among females (32.32 years versus 30.31 years) with no statistical significance (p value 0.13). A notable observation was the prevalence of SMAS among teenage patients; 24% of the patients (114/474) were between 16-20 years old (Figure 2).

East 10.13%. and from Australia 4%. There was no significant difference in the male/female ratio, the mean of the age, and the aortomesenteric angle and distance (Table 1, Table 2).

Table 1. Comparison according geographic area

	America	Asia	Europe	Middle east	Australia
Percentage of all patients	29.9%	28.3%	27.4%	10.13%	4%
Mean of Age (y)	31.79	35.11	28.75	22.69	35.52
Females	65.3%	54.6%	70.1%	55.2%	66.6%
Males	34.7%	45.4%	29.9%	44.8%	33.4%

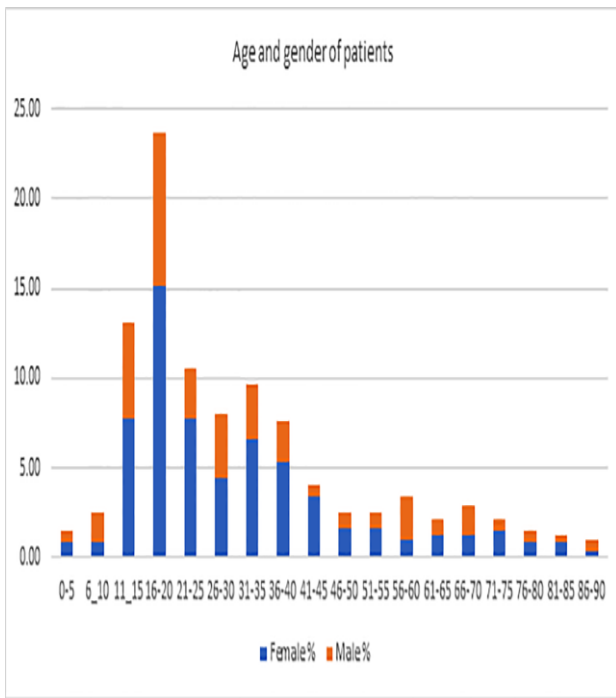


Figure 2. Percentage of female and male patients according to age,

Table 2. Comparison AM angle and distance

	Mean of Angle in degrees	Mean of Distance in mm
In all patients	15.38°	5.84 mm
In females	15.23°	5.98 mm
In males	15.71°	5.64 mm
In American patients	14.24°	5.95 mm
In Asiatic patients	15.20°	6.50 mm
In European patients	16.62°	5.71 mm

Aortomesenteric angle and distance

The mean of aortomesenteric (AM) angle was 15.38 (SD± 6.5), mean of distance between aorta and superior mesenteric artery was 5.84 mm (SD± 2.2). No difference was noted in the angle or distance measurement between gender or geographic area.

Demographic distribution

The cases reported originated from various geographical areas with no specific distribution. Cases from America accounted for 26.69% of the total reported cases, while those from Europe were 28.27%, from East Asia 27.43%, from the Middle

Co-morbid Conditions

The most commonly reported pathology leading to SMAS was the surgical procedure (30.9%), followed

by psychiatric conditions (16.2%) with a prevalence of anorexia nervosa. 13.2% of reported cases were a complication of scoliosis (Figure 3).

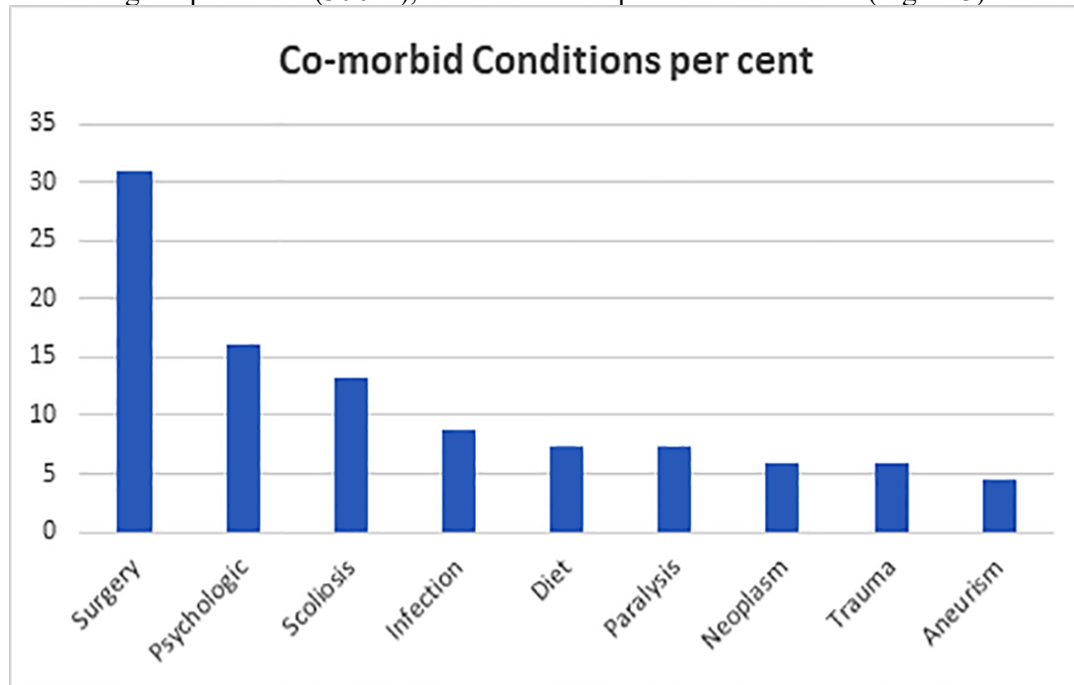


Figure 3. Percentage of adjacent pathologies.

Symptoms

Vomiting was the most frequent symptom in 74.26% of cases, followed by abdominal pain in 63.7% of cases and nausea in 31.22%. Weight loss was reported in about 40% of patients, with a mean patient weight of 41.05 kg (SD \pm 12.50) and a BMI of 17.8 kg/m² (SD \pm 4.99). The mean weight loss was 11.9 kg (SD \pm 8.75) over a mean symptom duration of 11.8 months (SD \pm 11.11). 46.45% of patients had symptoms for less than 6 months, while 27.06% had symptoms between 6 and 12 months and 26.45% their symptom persist for more than a year.

Diagnosis

Computed tomography was the standard diagnostic method in 73.6% of cases, followed by barium meal in 15.3%, and endoscopy or echo Doppler in about 10% of cases.

Treatment

The data of treatment was collected from 469 patients, with 231 of them (49.25%) undergoing conservative treatment. There were three types of conservative treatment utilized: hyper calories enteral nutrition per os (95/231, 41.1%), per nasojejunal tube (NJT) in (78/231, 33.8%) or total parenteral nutrition (TPN) (58/231, 25.1 %). The conservative treatment was successful in 37.8% of all patients (76.6% of those who underwent conservative treatment), while 23.38% of patients who received conservative treatment did not respond well and were referred for surgery (Table 3).

Surgical treatment was chosen as the option for 62.26% of all patients (292/469). Among the surgical patients, 215 underwent duodenojejunal anastomosis (DJA) (215/292 patients, 73.6% of surgical procedures), while gastrojejunal anastomosis (GJA) was performed in 11.6% of surgical procedures. Additionally, 6 patients who had gastro-jejunal anastomosis had previously undergone duodenojejunal anastomosis. The Strong

technique (lithiasis of Treitz ligament) was used in 14.7% of surgical procedures (Table 3).

Open surgery was preferred in 52% of cases, while laparoscopic surgery was utilized in 40% of cases. Robotic or endoscopic GJ anastomosis were less common, accounting for 2.7% and 2.4% of surgical cases, respectively. Surgical treatment was more prevalent in Europe compared to Asia and America (66.17%, 59.8%, 53.9% respectively).

Table 3. percentage and types of conservative and surgical treatments

	Number of patients	Percentage
Total conservative essay	231	49.25 %
Success of conservative	177	76.62 %
Failed of conservative	54	23.38 %
Oral hyper calories diet	95	41.13 %
Nasojejunal tube (NJT)	78	33.77 %
Total parenteral nutrition (TPN)	58	25.11 %
Total surgical intervention	292	62.26 %
Open surgery	152	52.05 %
Laparoscopic surgery	117	40.07 %
Robotic surgery	8	2.74 %
Duodeno-jejunal anastomosis (DJA)	215	73.63 %
Duodeno-jejunal failed	6	2.05 %
Gastro-jejunal anastomosis (GJA)	34	11.64 %
Lithiasis of Treitz ligament	43	14.73 %
GJA after DJA	6	2.05 %
Endo DJA	7	2.4 %

Factors that impact the treatment approach

When analyzing the outcomes of various treatment methods to gain a better understanding of the factors that can affect the treatment plan, patients were divided into three categories: those who responded well to conservative treatment, those for whom conservative treatment failed, and those who required surgical intervention. The average age of patients across the three groups was similar (29.8, 29.7, and 31.7 years). There was a higher percentage of female patients in the surgical group compared to those who responded successfully to conservative treatment (67% vs. 57.03%). The AM angle and AM distance were slightly higher in patients who responded well to conservative treatment compared to those who underwent surgery, although the difference was not statistically significant (16.42° vs. 17.2°, P value=0.09 and 6.01 mm vs. 5.71 mm, P value=0.8). The duration of symptoms could play a role in determining the treatment approach, with patients who experienced longer symptom duration being more likely to fail conservative treatment (Figure 4).

The longer the duration of symptoms, the higher the likelihood of conservative treatment failure. Patients with symptoms lasting less than six months had a 61.82% success rate with conservative treatment. 62% from the patients with symptoms for more than six months underwent surgery.

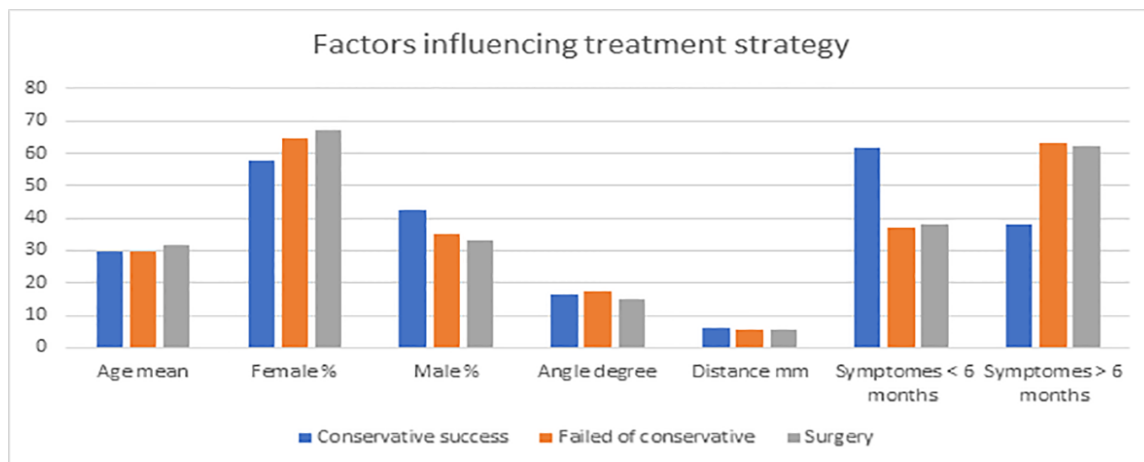


Figure 4. Factors influencing treatment strategy.

Influence of durations of symptoms

The impact of symptom durations was examined by categorizing patients into two groups based on the length of their symptoms: less than 6 months and more than 6 months. A detailed analysis was conducted to compare the two groups (Figure 5). It was found that females had longer symptom durations, with 54% of males experiencing symptoms for less than six months compared to

68.6% of females who had symptoms for more than 6 months. Patients with longer symptom durations were younger, with a statistically significant age difference (26.1 years vs 33.8 years, $p = 0.003$). Additionally, the AM angle was higher in patients with longer symptom durations, although this difference was not statistically significant (15.38° vs 16.42° $p = 0.16$), AM distance was similar within the two groups (5.4 mm vs 5.5 mm, $p = 0.35$).

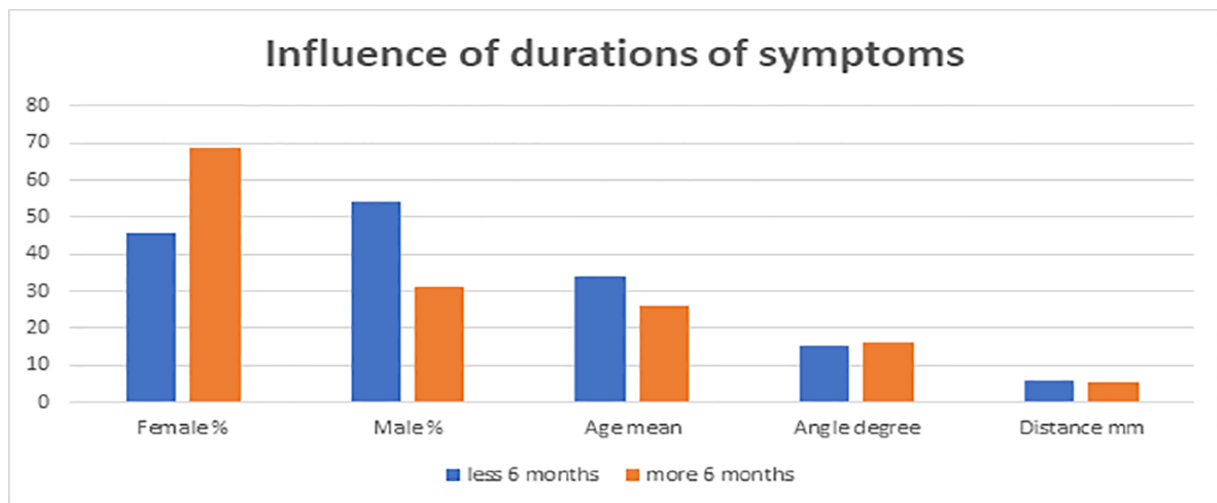


Figure 5. Influence of durations of symptoms regarding gender, age and aortomesenteric angle and distance

Follow up

During the follow-up period, the average duration was 15 months, with an average weight gain of approximately 8 kg (SD± 5kg). The majority of patients reported being asymptomatic after treatment and in good condition. However, about 5 % of cases (23/474) reported persistent symptoms or complications, with seven deaths (1.5% of all reported cases) due to complications.

Discussion:

The syndrome known as Superior Mesenteric Artery Syndrome (SMAS) involves a partial obstruction of the upper gastrointestinal tract caused by the compression of the duodenum between the aorta and the superior mesenteric artery. Since its initial description by Rokitsansky in 1842 (4) and its clinical correlation by Willet in 1927 (5), numerous studies have been conducted in an effort to enhance our comprehension of this rare syndrome (2, 3, 6-14, 280-282), yet there

remains a lack of standardized treatment for SMAS. This study aims to provide a detailed analysis of a large number of reported cases to offer a more comprehensive understanding of the characteristics and management strategies for this condition.

The typical angle between the aorta and the SMA varies from 25 to 60 degrees, while the normal aortomesenteric distance ranges from 10 to 28 mm (1, 2). A reduction of this angle to below 20 degrees is caused by a decrease in retro duodenal fat pad due to severe weight loss, congenital or acquired deformities.

In our data mean of aortomesenteric angle was about 15 degrees, and the mean of distance between aorta and superior mesenteric artery was 5.84 mm with no significance between gender, geographic area or symptoms duration.

Regarding our data, females are predominantly impacted by the syndrome, 62.66% of the patients

were female especially in their second and third decades of life.

The results are consistent with previous research (2, 3, 9), the high occurrence in women possibly attributed to the higher prevalence of coexisting eating disorders.

65.4% of all cases were reported in patients aged between 15 and 45 years old. The mean age was 31.06 years and it was slightly higher among males.

It is important to underscore the high occurrence of SMAS among teenage patients with around a quarter of the patients belonging to this age group.

The age of those affected is often associated with the underlying predisposing condition, such as scoliosis surgery during childhood or adolescence. However, cases of the syndrome have also been reported in patients older than 60 years in about 10% of cases.

The reported cases were sourced from different geographical regions without a distinct pattern. The incidence of cases was fairly consistent across America, Europe, and East Asia, with a nearly equal split between males and females. There was no significant dominance of any particular region, considering that the data was sourced from only published cases.

It has been noted that superior mesenteric artery syndrome is often triggered by a sudden change in the patient's condition, complicating a chronic and debilitating disease (101).

Three main conditions can lead to superior mesenteric artery syndrome: severe weight loss in catabolic states, external factors, and intra-abdominal compression or mesenteric tension (3).

Based on our data, the average cause of SMAS as reported in most cases was the surgical procedure, followed by psychiatric disorders and scoliosis.

Thus, our results suggest the importance of considering the diagnosis of SMAS in postoperative hospitalized patients, given that these individuals may experience challenges in receiving a timely diagnosis due to the overlap of surgical complications and syndrome-related symptoms.

The findings of Lee et al. (2) differed from our data, as they reported that mental and behavioral disorders, infectious diseases, and neurological disorders were commonly observed as co-existing conditions in their 80 patients diagnosed with SMAS.

There is a strong association between SMAS and psychiatric disorders, specifically anorexia nervosa (115, 133, 136, 214, 223, 226, 249). The uncertainty lies in whether mental and behavioral disorders heighten the likelihood of developing SMAS.

Following scoliosis surgery, the superior mesenteric artery syndrome is a commonly recognized complication as a result of the spine lengthening after the procedure (3).

Nevertheless, most of the mentioned co-morbid conditions have the potential to result in malnutrition and weight loss, ultimately leading to a decrease in aortomesenteric fat.

The prevalence of SMA syndrome is reported to less than 0.34% of population, however, this prevalence could potentially be elevated in chronic-care hospital patients (283).

In the 1980s Hines et al. (101) found that only 14.6% of 44 patients previously diagnosed with superior mesenteric artery syndrome met the strict radiographic criteria, suggesting that overdiagnosis may be an issue. The development of radiologic investigation procedures such as CT angiography has improved the detection of this syndrome(1). CT angiography is the best diagnostic method if available, it is utilized to confirm the diagnosis of SMAS by measuring the aortomesenteric angle, while dynamic upper gastrointestinal studies were employed to illustrate obstruction at the duodenum. In the past, barium swallowing was also utilized for this purpose. In our data the computed tomography was the golden standard diagnostic method in 73.6% of cases, followed by barium meal in 15.3%, and endoscopy or echo Doppler in about 10% of cases.

The diagnosis of SMAS is usually a diagnosis of exclusion. Symptoms may include epigastric pain, nausea, vomiting, and weight loss.

In our data, vomiting was the most frequent symptom in 74.26% of cases, followed by abdominal pain in 63.7% of cases and nausea in 31.22%. Weight loss was reported in approximately 40% of patients. These findings are consistent with the report by Lee et al. (2), and slightly divergent from some other studies in which the most common presenting symptom was postprandial abdominal pain (3, 48).

Evaluating the effectiveness of conservative treatment versus surgical treatment solely based on

individual case reports or small case series can be challenging. The majority of these publications are biased towards highlighting the advantages of one treatment over the other (7, 8, 71, 90, 101, 144-146, 219, 261, 263). To make an objective assessment of the superiority between these two treatments, studies with a larger sample size are necessary.

In the largest group of Lee et al.(2), (87.7 %) of patients were managed medically at initial admission, with success being observed in (78.1 %) of patients. Chronic ailments linked to weight loss like tuberculosis, along with nervous system disorders such as cerebral palsy, muscular dystrophy, and Parkinson's disease, were frequently observed as comorbidities in SMAS patients. Nevertheless, the prevailing comorbid condition in that particular group was psychiatric illness.

The management of superior mesenteric artery syndrome typically commences with conservative methods. The initial steps of conservative therapy involve decompressing the dilated stomach and duodenum through postural changes (prone or left lateral decubitus position)(284), inserting a nasogastric tube with suction for duodenal and gastric decompression(162), and administering intravenous medication to enhance gastric motility such as metoclopramide(22). The aforementioned methods is frequently successful during the acute stage. Weight gain can be facilitated through the administration of numerous small meals or a feeding tube. Nasogastric feeding is efficient, although the jejunal tube is considered more optimal, and the assistance of an endoscopic specialist should be taken into account(126). Enteral jejunal tube feeding combined with hyperalimentation has demonstrated favorable results in certain patients. Total parenteral nutrition offers a beneficial alternative for the initial delivery of nutrients, particularly in cases where enteral feedings are not tolerated

Cases of superior mesenteric artery syndrome with a short duration appear to respond better to conservative therapy (3). Our data confirms this point, when the symptoms lasting less than six months the success rate of conservative treatment was higher.

Medical intervention focuses on correcting fluid and electrolyte imbalances, achieving a positive nitrogen balance, and promoting weight gain to aid in the

restoration of retroperitoneal fat tissue and subsequent increase in the aortomesenteric angle.

The duration of medical treatment is not specifically outlined, as relief from symptoms and gaining weight has been noted in some patients within two weeks(63, 226), although treatment for several weeks has been documented (126, 143). Many reports indicated that conservative treatment was unsuccessful if it failed to yield the intended outcomes within a two-month period (113, 207, 208, 260).

Out of the 469 patients from whom we were able to collect therapeutic management data, 231 of them (49.25%) received conservative treatment, this type of treatment was not always the first choice of physicians dealing with SMAS. The conservative approach yielded positive results in only 37.8% of the total patient population (76.6% of those who underwent conservative treatment), with 23.38% of patients who received conservative treatment showing poor response and subsequently being recommended for surgery.

Various surgical techniques such as Strong's operation, gastrojejunostomy and duodenojejunostomy have been utilized to either resolving or bypassing the duodenal compression.

Strong (285) was the first to describe the division of the ligament of Treitz along with mobilization of the third and fourth duodenal parts to achieve caudal displacement of the duodenum. This procedure offers advantages such as being less invasive, quicker, and safer as it maintaining the integrity of the intestines. It has also been associated with a faster postoperative recovery. However, it has a reported failure rate, likely due to the short branches of the inferior pancreaticoduodenal artery not allowing the duodenum to descend inferiorly (2). Other disadvantages to consider, including the possibility of complications or impossibility of achievement due to adhesions. However, some recent reports demonstrate that Strong procedure is still one of surgical possibilities and mentioned the performance of this operation by either laparoscopic or robotic surgery (36, 132, 193). Even though in our data the utilization of this operation was noted in only about 15% of cases.

Gastrojejunostomy was also one of the surgical choices (50, 136), it has been used in about 12% of in our collected data. Gastrojejunostomy effectively

decompresses the stomach, but it does not fully resolve duodenal obstruction, which may result in persistent symptoms, blind loop syndrome, or gastric bile reflux, requiring duodenojejunostomy in certain situations (256).

In other reports, gastrojejunostomy was the surgical choices after the failure of duodenojejunostomy (151). Gastrojejunostomy could be performed using laparoscopic(127), robotic (187) surgery, or via less invasive endoscopic ultrasound-guided gastrojejunostomy(227).

Bloodgood (286) first suggested duodenojejunostomy for patients with chronic duodenal ileus, and it was performed by Stavely in 1908 (287). Duodenojejunostomy has since become the most common surgical procedure with a good outcome. It was the choice in about 75% in our data,

Duodenojejunostomy has shown the best results in severe cases and is more effective than gastrojejunostomy and Strong's procedure (2, 8).

In brief, this process entails mobilizing a loop of jejunum about 20 cm distal to the ligament of Treitz and connecting it to the dilated second part of the duodenum to relieve pressure and create a detour around the blocked area. Recent advancements in laparoscopic surgery have led to the development of laparoscopic and robotic duodenojejunostomy (43, 199).

Duodenojejunostomy is a simple procedure with a minimal risk of post-operative adhesions and a high success rate (2, 3). 73.6% of surgeons in our data prefer duodenojejunostomy.

Upon analyzing the results of different treatment methods to comprehend the factors influencing the treatment plan, the average age of patients did not influence the success of treatment choice. The difference in AM angle and AM distance between patients who responded well to conservative treatment and those who underwent surgery was not significant.

The gender and the duration of symptoms might influence the treatment approach. Female patients were more observed in the surgical group compared to those who had successful conservative treatment (67% vs. 57.03% respectively), also females tended to have longer symptom durations. Patients with longer symptom durations were generally younger.

Notably, a difference was noted when comparing the average of symptom durations among patients who received successful conservative treatment, unsuccessful conservative treatment, and those who underwent surgery. Patients with longer symptom duration were more likely to have unsuccessful conservative treatment.

Surgical intervention was more common in Europe than in Asia and America, with rates of 66.17%, 59.8%, and 53.9% respectively. American physicians appear to offer the chance for conservative therapy.

Although the SMAS is rare and generally safe syndrome, a small number of patients may experience complications, with reported incidence of 5%, and mortality rate of 1.5%. Despite the modest nature of these percentages, they confirm the importance of timely and precise detection of this syndrome, as well as its proper management.

This study is limited by its reliance on published case reports, which may be biased by the authors preferences. Randomized controlled trials or multicenter prospective studies are needed to gain a better understanding of this rare syndrome and to standardize treatment strategies

Conclusion:

Superior mesenteric artery syndrome must be considered in the differential diagnosis of epigastric pain accompanied by vomiting and weight loss, particularly in females in the late second age decade. The duration of symptoms may guide the treatment approach, with conservative treatment being an option for patients with a shorter symptom duration. Duodenojejunal anastomosis is the primary surgical management option.

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Conflicts of Interest

The author declare that they have no conflicts of interest.

Finding

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