



## STOMACH ACHE

It is an upper belly pain that is usually transient. Concern is when:

- There is Bloody motion or vomit.
- Lasting more than 1 hour.
- Unable to eat or drink, painful or difficult swallowing.
- There is Fever of more than 39 degrees.
- There is Loss of appetite and loss of weight

To decrease incidence of stomach ache:

- Avoid fatty food: red meat, fried foods, cheese and butter.
- Decrease volume eaten: eat more, smaller meals.
- Keep away from food you know it worsens
- Stay away from some OTC meds including aspirin, ibuprofen (Motrin, Advil)
- For lactose intolerance, avoid milk and dairy problems.

### Regurgitation:

You'll feel better if you:

- Lose weight
- Raise head of bed while sleeping
- Avoid certain foods (coffee, chocolate, alcohol, peppermint, and fatty food)
- Stop smoking
- Eat less food, more meals.
- Avoid lying down less than 3 hours from last meal.

## ***H. pylori* Infection**

It is present in almost half the population.

Most infected have no symptoms, but may develop some in presence of *H. pylori*. It may cause ulcer and rarely cancer.

It is transmitted by contaminated food and water with fecal material. It can make changes in the stomach and duodenum. It hits the protective mucous layer of the stomach and duodenum rendering them vulnerable to the deleterious effects of acid resulting in cell damage and inflammation (gastritis and duodenitis).

### **Ulcer symptoms:**

- Upper abdominal pain or discomfort
- Bloating
- Feeling full after a small meal
- Lack of appetite
- Nausea and vomiting
- Dark or black colored stool
- Anemia and fatigue

### **Diagnosis:**

1. Blood tests detecting *H. pylori* antigen.
2. Breathe tests (urea breath test) after drinking a material which gets broken by *H. pylori* if present and get detected.
3. Stool tests detecting it in stool.

It is recommended to be tested whenever there are symptoms.

