

Gastritis

This condition arises from inflammation to the stomach lining. It commonly results from a bacterial infection or injury to the stomach tissues. This condition could be chronic where it occurs slowly over time. It may also occur acutely, which is a sudden onset of symptoms. Typically, gastritis can improve quickly with appropriate treatment.

Signs and symptoms that are commonly experienced may include:

- Nausea and vomiting
- Abdominal/stomach pain (symptoms may vary with ingestion)
- Abdominal bloating and feeling of fullness
- Presence of blood in sputum or stool

Prevention

- Take NSAIDs responsibly, not on an empty stomach or excessive amounts (ibuprofen, Motrin, Aspirin, Aleve etc.)
- Avoid possibly contaminated foods
- Minimize alcohol intake
- Manage stress
- Avoid foods that are spicy or acidic

Risk Factors

- Excessive amounts of alcohol or acidic substances (coffee, citrus, tomato etc.)
- Crohn's disease and autoimmune conditions (Hashimoto's disease/Type 1 diabetes etc.)
- Various parasitic and viral infections

Diagnosis

- H. Pylori test
- Endoscopy
- X-Ray or other imaging

Treatment

The treatment includes a broad range of techniques because the variety of things that could cause this condition. Common treatments include antibiotics, medications to neutralize, reduce, or block the stomach's acid production. Immediate treatment is especially important to prevent further damage and serious blood loss.