



GASTRITIS

GASTRITIS

Gastritis is an inflammation of the stomach mucosa, it can be acute, which occurs suddenly, or chronic, which develops slowly over time.

Gastritis can be caused by several factors, including infection, chronic irritation, or immune system disorders.

Causes of gastritis:

- Bacterial infection (H. Pylori)
- Non-steroidal anti-inflammatory drugs (including aspirin, ibuprofen, and naproxen)
- Cancer or cancer treatments
- Smoking
- Autoimmune diseases in which the immune system attacks body tissues can cause gastritis.

Symptoms of gastritis:

- Pain in the upper of the abdomen
- Feeling bloated, fullness, early satiety after eating a small amount of food
- Decreased appetite
- Nausea or vomiting
- Vomiting of blood (Hematemesis)
- Black stool (melena)

Diagnosis:

- Blood tests
- Stool tests
- Analysis of the H.pylori infection by breath test or stool
- Upper gastrointestinal endoscopy
- Computed tomography scan (CT scan)

Treatments:

- Antibiotics
- Antacids
- Proton pump inhibitors
- Lifestyle Modifications
- Healthy diet
- Smoking Cessation

Treatment depends on the primary cause of inflammation.

Should go to the emergency unit in case of:

- Severe and continuous abdominal pain
 - Constant vomiting
 - Vomiting accompanied by blood (hematemesis)
 - black stool (melena)
-

Follow-up in the outpatient clinic is required if feeling:

Not improving on the medications as per the doctor's instructions, or the symptoms getting worse.

- To keep your stomach healthy, eat light, small meals throughout the day, avoid spicy and greasy foods, drink enough water, and follow your doctor's instructions for faster recovery