

## Severity of Nausea and Preventions Related to Cancer

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### Description

Nausea and vomiting are side effects of cancer therapy and affect most patients who have chemotherapy. Radiation therapy to the brain, gastrointestinal tract, or liver also causes nausea and vomiting. Almost, surely we experienced the feeling of dizziness at once or in the other, when we read a book in a moving vehicle, or perhaps after eating something. The crisis is the discomfort of the stomach and the feeling of wanting to vomit. Nausea can be a precursor to vomit the contents of the stomach. The condition has many causes and can often be prevented. It is a feeling that makes a person feels they need to vomit the food which is not digested. Sometimes, individuals with nausea make vomiting, but not always. Whatever the cause, "nausea" is a term that describes the uncomfortable feeling in the stomach, which means that it may have to vomit. Nausea can be a side effect associated with different drugs or a disease or disorder symptom. Sometimes, large meals, fat or sugar can also lead to a feeling of nausea. A variety of reasons may occur that may not be particularly serious, as in the case of movement disease, or can be a symptom of a more harmful dubious pathology, such as liver infection with hepatitis virus. Nausea can also be manifested during the first months of pregnancy, known as morning vertigo. Vomiting can or cannot occur due to nausea. Some describe the feeling of nausea how to feel inquest in the stomach or vertigo. This is not a disease, but a symptom of a variety of conditions, ranging from viral and bacterial infections to the disease of movement, poisoning from food, abscesses of the brain. Even some drugs can cause nausea. If we suddenly feel nausea after eating, it could be caused by gastritis (an inflammation of stomach coating), an ulcer or many other problems. If the nausea comes from 1 to 8 hours after eating, it may be due to the reception of food. Sometimes, food poisoning can take even more time to make us feel nausea. The most pregnant women will experience nausea during the first quarter (first 12 weeks) of their pregnancy, and sometimes after this pregnant. It is common to hear nausea if we have an intense pain, have a head injury, or we are experiencing a lot of emotional stress.

Nausea can commonly be relieved by autonomous measures that have a low risk, but have variable search tests. From the Mayo clinic, the following suggestions can be useful. Being too active can worsen nausea. Drinks like Ale Ginger, lemonade and water and try to take small sips. Mint tea can also help calm

nausea. Oral rehydration solutions can prevent dehydration. The smells of food and kitchen, smoke and smoke can be trigger. Other nausea and vomiting triggers include covered rooms, heat, and humidity, flashing lights and driving. Eat soft foods, if we are vomiting, wait a moment to eat solid foods until our body feels ready. When we think we can tolerate the solids, start with food like rice, biscuits, toast, apple and bananas, which are easy to digest. When we can keep them down without vomiting (if we are vomiting or feels as if they could), try cereals, rice, fruit and salted food or high risk, mortgage foods. Avoid fatty or spicy foods; these foods can worsen our nausea. There are two centres in the brain that can cause nausea. The first is the Chemoreceptor Trigger Zone (CTZ), which responds to the chemical supply of drugs and hormones. It is this area that sends a signal to the digestive system when we take drugs that cause nausea or eat sick foods. When we have motion sickness, we will react in the later zone. This reaction is caused by changes in stress and balance, which may cause us to become unbalanced. The above-mentioned reaction in CTZ is more likely to cause vomiting after nausea, because the body will feel the presence of potentially harmful chemicals in the digestive system.

### Prevention

Try to avoid some odours such as perfume, smoke or certain cooking smells. To avoid vomiting, we could try to take small sips of clear and carbonated drinks or fruit juices (except orange and grapefruit, which are too acidic) or sucking the pallets and to reduce the dizziness of the movement into a car, sit in front of the front windshield (looking at the rapid movement from the side windows can worsen nausea). The best thing to do if we feel nausea is to take small sips of water or herbal tea. Hiring cold or frozen drinks can help relieve symptoms. Sometimes, twig some ginger cookies or dried biscuits, can help us feel better. Try not to omit meals, as an empty stomach can worsen nausea. If we have nausea for weeks to months, consider maintaining a diary food to help identify foods that cause nausea. Eat small amounts more often. Some foods we can manage include food at room temperature, such as a sandwich, pudding, noodles or salty biscuits and foods like light soup or chip. The doctor may prescribe drugs, such as antihistamine or antiemetic (drugs to stop vomiting). If we are pregnant, they will choose a safe medication for our child.