



The Main Causes of Gastric Problem and how to Control it

Eoin Morgan*

Department of Gastroenterology and Hepatology, The University of Alabama at Birmingham, USA

DESCRIPTION

In today's fast-paced world, people's eating habits are continuously evolving. Many people stuff themselves full of trans-fats, sweets, and oil, which makes their stomachs feel uncomfortable! Children, the elderly, and people of all ages might suffer from digestive issues and other ailments. The oesophagus, or food pipe, the stomach, and the intestines make up the gastrointestinal tract. Food is transported by the oesophagus to the stomach and intestines, where it is digested and broken down to allow for the absorption of the necessary nutrients. The majority of patients who present with stomach issues can find relief from over-the-counter medications and lifestyle modifications. The two most frequent issues are indigestion and heartburn. Gas is a typical byproduct of digestion. Burping or flatus is two ways that the body gets rid of extra gas (passing gas). When the gas is stuck or when it is not passing through the digestive system adequately, pain from gas may happen. Some eating choices may also make pain worse. Frequently, simple dietary and lifestyle adjustments can help to lessen or manage gas and the pain it causes.

Consuming foods like beans and peas (legumes), peas, fruits, whole grains, carbonated beverages, fibre supplements, sugar alternatives, etc. might lead to gastric problems. Eating habits can exacerbate stomach issues. Gastric issues can also be brought on by certain medical conditions, including chronic intestinal disease, small bowel bacterial overgrowth, food intolerances, and constipation. As someone eats or drinks, air is ingested, which produces gas. Which is primarily expelled after burping. Gas is created, some of which is absorbed by the bacteria, when bacteria ferment carbohydrates, fibres, starches, and sugars that weren't digested in the small intestine. The anus releases the remaining portion. Even though it may be uncomfortable or unpleasant, releasing gas is a typical compo-

nent of the digestive process. An individual can urinate up to 20 times each day on average. Burping is common, especially during or immediately after a meal.

There are numerous organs involved in the process of digestion. One or more of them may be present in gastrointestinal issues and illnesses. Gastrointestinal tract disorders include appendicitis, pancreatitis, ulcers, acidity, and others. Several illnesses, ailments, and disorders can also affect the intestines; some of them can be fatal if not addressed right once. The following digestive emergencies should be avoided. Bright crimson blood in the faeces is not usually a sign of GI tract haemorrhage. The symptoms will vary depending on where the bleeding occurred. The blood will be partially digested and the faeces will resemble tar or coffee grounds if it happens in the upper intestines. It will smell strongly like rotten eggs and metal. Bright crimson and loose bleeding indicates that it is occurring close to the end of the intestine. Peptic ulcers, gastritis, swollen esophageal veins from liver illness, or even malignancy can all result in GI tract bleeding.

You do not need to see a doctor if the symptoms of a gastrointestinal condition can be treated or controlled on your own or with the use of medications. But, you must see a doctor if the gastrointestinal problem symptoms are severe and interfere with your everyday activities, or if they are accompanied by other symptoms like chest discomfort, vomiting, heartburn, diarrhoea, persistent constipation, weight loss, or bloody stools.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

Received:	02-January-2023	Manuscript No:	IPJCGH-23-15864
Editor assigned:	04-January-2023	PreQC No:	IPJCGH-23-15864 (PQ)
Reviewed:	18-January-2023	QC No:	IPJCGH-23-15864
Revised:	23-January-2023	Manuscript No:	IPJCGH-23-15864 (R)
Published:	30-January-2023	DOI:	10.36648/2575-7733.7.1.3

Corresponding author Eoin Morgan, Department of Gastroenterology and Hepatology, The University of Alabama at Birmingham, USA, E-mail: morgan_e@yahoo.com

Citation Morgan E (2023) The Main Causes of Gastric Problem and how to Control it. J Clin Gastroenterol Hepatol. 7:3.

Copyright © 2023 Morgan E. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.