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## Stomach pain after being sick

The abdomen is that part of your body which is under the ribs and above the hips. Some people call it belly, trunk, belly or liver. When you suffer in that area, doctors will call it abdominal pain. However, other popular terms for abdominal pain include belly pain, belly pain, stomach pain, stomach pain, bellyache, bellyache and belly rot. Usually, the pain you feel here will be caused by a problem in your instincts. Sometimes it can be caused by problems in other organs. The gut (gastrointestinal extract) begins at the mouth and ends at the anus. When we eat or drink, food and liquid travel along the gullet (oesophagus) in the stomach. The stomach melts the food and then passes it into the small intestine. The small intestine - sometimes called the small intestine - is long several meters and is where the food is digested and absorbed. Food, water and undigested waste products are then passed into the large intestine - sometimes called the big intestine. The main part of the large intestine is called the colon, which is about 150 cm long. This is divided into four sections: the ascending, transversal, descendant and sigmoid colon. Some waters and salts are absorbed into the body by the colon. The colon leads to the rear passage (rectum) which is about 15 cm long. The rectum stores stools (easy or poo) before they have disappeared from the anus. Doctors have different words to describe the different types of pain that you can feel in the liver. Very in general, pains can be sharp or stabbed, cramps, colicky or a general water sickness. Colicky gradually means getting worse, then moving away again. This can happen repeatedly. Doctors may also be interested in where pain is and if pain seems to travel (radiating) in a certain direction. Having this information and putting it together with other information, as if you were sick (vomiting) orHaving diarrhea, will help your doctor understand what is wrong. The pain that comes suddenly can be calledLong-time pain is called chronic. This list does not include all possible causes of intestinal pain, but some of the most common causes include the following: IndigestionIndigestion means different things to different people. You may feel pain in the upper abdomen or behind the breast bone. This usually happens after eating some types of food. Foods could be fat or very rich. You can feel as if you burping a lot or have a bad acid taste come into your mouth. It usually goes in a few hours. Most people will find relief from simple remedies that can buy to the chemist. If you are older, or are known to have heart disease, indigestion type pains that come forward with stress or stress are troubling. Sometimes it may be difficult to say angina or a heart attack by indigestion. If you have pain in the jaw or down your left arm, it might be angina. If you turn off quickly, try to see your GP to discuss it. If you are not satisfied and feel undisturbed, phone 999/112/911 for an ambulance. WindCrampy pains after eating can be wind. Your abdomen may be swollen or swollen. If you are able to go to the bathroom and open the bowels or pass the wind, the pain usually goes. Otherwise, a chemist can be able to recommend some medications to relieve pain. Constipation is common. It means going to the bathroom less often than usually emptying the bowels, or passing hard or painful stools. Sometimes cramp pain occurs in the lower abdomen. You can also feel swelling and sick if you have severe constipation. For further information, please consult the separate brochures called constipation and constipation in children. IBS is a common intestinal disorder. The cause is not known. Symptoms can be quite variable and include abdominal pain, wind, swelling, and sometimes attacksand/or constipation. Symptoms tend to come and go. There is no cure for IBS, but symptoms can often be facilitated with treatment. See the separate sheet called Irritable Bowel Syndrome for morediseaseDiverticular disease is common in older people. It is thought to be caused by eating too low fiber diet for a long time. It usually does not cause symptoms at all, but some people have a lower abdominal aching in progress, and may also cause more severe pain flares that require treatment with painkillers and antibiotics. See the separate sheet called Diverticula (Diverticulosis, Diverticular Disease, Diverticulitis) for more details. AppendicitisAppendicitis means inflammation of the appendix. The appendix is a small envelope coming out of the intestinal wall. The appendicitis is quite common. Typical symptoms include abdominal pain and being sick (vomiting) which gradually become worse than 6-24 hours. The pain usually begins in the middle of the abdomen, but over time it seems to move towards the right hip. Some people have less typical symptoms. For more details, see the separate leaflet called Appendicitis. Renal stones The pain that begins in the back and seems to travel around the side of your abdomen to your inguine, can be a kidney stone. The pain is severe and comes and goes. It's called renal colic. The pain goes when the stone has passed. Sometimes the stone cannot be passed and it may be necessary to have the broken stone in small pieces at the local hospital. There may be blood in the urine. See the separate sheet called Kidney Stones for more details. This is a common cause of lower abdominal pain in women. It is much less common in men. Along with pain, you can feel sick and sweaty. There may be acute burning when you pass urine and there may be blood in your urine. See separate leaflets called Cistitis in Women, urinary infection in men and urinary infection in children for more details. Pelvica inflammatory disease (PID)PID is a breast infection and/or Fallopi tubes. Treatment is withPain in the lower abdomen (reclusion area) is the most common symptom. It may vary from mild to severe. Pain during sex may also occur. Women commonlyhave vaginal discharge with PID. For more details, see the separate leaflet called Inflammatoria Pelvic. Gallstones Many people do not know they have gallstones. Symptoms include severe pain in the upper right of the abdomen. It's called biliary colic. Pain is usually worse at the right side, just below the ribs. Pain relieves and goes if gallstones are pushed out into the bile duct (and then usually out in the gut) or if it falls into the gallbladder. The bile colic pain can last for a few minutes, but most commonly, lasts for several hours. Severe pain can only happen once in your life or may faint occasionally. Sometimes less severe pains but niggly occur now and then, especially after a fat meal when the gallbladder contracts more. For more details, see the separate sheet called Cholecystitis. Period pain Most women have lower abdominal pain during periods. Pain is often mild but for some women, pain is severe enough to influence everyday activities. Pain can be so severe that they can't go to school or work. Periods tend to become less painful as you get older. An anti-inflammatory painkiller often relieves pain. For more details, see the separate leaflet called "The Point of the Period" (Dysmenorrhoea). When we think of food poisoning, we usually think of the typical gastroenteritis - a tummy infection (intestines) - which usually causes diarrhea with or without vomiting. Inflated pains in the belly (addomen) are common. Pain can relieve for a while every time you pass a diarrhea. See separate leaflets called Food Poisoning and Food Poisoning in children for more details. Stomach and duodenal ulcers Pain from an ulcer can come and go. Pain is at the top of your instinct, but it canfeel as if it goes through in your back. pain comes often at night and wakes you up. food can improve in some types of ulcer, or may worsen. see separate leaflets calledUlcer (Gastric Ulcer) and Duodenal Ulcer for more details. Flammable bowel disease There are two main types of intestinal inflammatory disease: Crohn's disease and ulcerative colitis. These are both conditions that cause inflammation in the intestine. Symptoms can flute until now and then. Symptoms vary, depending on the part of the intestine concerned and the severity of the condition. Common symptoms include bleeding diarrhea, abdominal pain and detoxifying sensation. GastritisGastritis is inflammation of the lining of the stomach. It can cause superior abdominal pain (only under the spine). Pain is often described as a burning sensation. Usually there are other symptoms, how to feel sick (nausea), vomiting and full feeling after eating. CancerPeople often cares that intestinal pain is caused by cancer. If you suffer that you do not settle quickly or with simple remedies, then you should go and see your doctor. Some of the questions they ask will be to make sure there is no serious cause, such as cancer, for the pain you are having. Bowel cancer can cause abdominal pain. Generally it also causes weight loss, a change in the intestinal habit and blood in the feces. Pancreatic cancer can cause superior abdominal pain that passes through to the back, but more commonly begins with other symptoms such as hetero. Stomach cancer may cause superior abdominal pain similar to gastritis symptoms, but it does not improve with simple remedies. The list does not include any condition that causes abdominal pain. These are just some of the most common causes. Some conditions may not need investigations. Otherwise, the type of investigation will depend on which part of the intestine is affected. Blood tests sometimes provide useful information about what is causing abdominal pain. Sometimescarried out a x-ray or ultrasound scan, which will look for specific things that the doctor may suspect. the intestine can be looked directly with endoscopy, a gastroscopy will look at the esophagus andand a colonoscopy will look at the big intestine. Further details can be found in the individual condition leaflets mentioned above. Once again, this will depend on what is the probable cause of your pain. Some types of pain can be treated simply with over-the-counter remedies that you can buy to the chemist. Others may need treatment in a hospital. Follow the links to the individual brochures for more details. You can recognize your kind of pain from the descriptions here. However, if you have a pain that is not going away quickly (in a few hours) or that you cannot cope, you should see a GP. This can be your GP, or an on-call GP if out of hours. Eating abundant fruits and vegetables It is recommended to eat at least five portions of a variety of fruits or vegetables every day. If you eat a lot of fruits and vegetables then chances of developing heart disease, a stroke or bowel cancer are reduced. In addition, fruits and vegetables: It contains a lot of fiber, which helps maintain healthy bowels. Problems such as constipation and diverticular disease are less likely to develop. It contains a lot of vitamins and minerals, which are necessary to maintain healthy. I'm naturally low in fat. They fill but are low in calories. Fibre is the part of the food that is not digested. It is filling but has few calories. It helps the bowels move regularly, which reduces constipation and other intestinal problems. Fibre can also help reduce the cholesterol level. Starchy foods, and fruits and vegetables contain the most fiber. So the tips on foods and vegetables starch and fruit and also increase fiber. If you switch to integral rice and pasta and whole bread, this can significantly increase fiber intake. The wrists like lentils and beans are also full of fiber. Have a lot to drink when eating ahigh fiber content (at least 6-8 cups of liquid per day. day).

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