



## Abdominal pain when hungry, a warning signal 'stomach disease'

ศูนย์ : Gastrointestinal and Liver Center

If anyone with symptoms of **"pain, cramping, and bloating"** when hungry can be assumed that abdominal pain usually comes before and after eating. Or even on an empty stomach. Most often it is a symptom of a stomach disorder. This is common now with the lifestyle of urban people who often do not eat on time, eating very spicy food, stress from work thus can trigger this disease. What will be the treatment? Let's find out.

Gastric disease has a very complex mechanism and can be caused by several reasons. Each cause is excessive production of acid and gastric juice in the stomach until it destroys the gastric mucosa. It is divided into 2 large groups:

### 1. Ulcerative gastritis group, maybe a stomach ulcer

This is caused by the use of some anti-inflammatory drugs such as aspirin, ibuprofen, indomethacin, proxen, pyroxim, diclofenac, etc., which are anti-inflammatory and painkillers or caused by H. pylori bacterial infection, which can be transmitted through eating. This bacteria will live in the mucous layer that covers the surface of the stomach. It produces alkaline substances that dilute the acids around them and create toxins that destroy the epithelial cells of the stomach. Thus causing inflammation of the gastric mucosa, causing stomach ulcers, and may lead to gastric cancer.

### 2. Gastritis without ulcers

There are various causes, like not eating on time, eating spicy, sour food, acidic reflux, smoking, drinking, coffee, and stress. These factors irritate the lining of the stomach and lead to chronic inflammation. Then lead to the occurrence of gastric ulcers and duodenal ulcers

## How can you determine that the pain is caused by abdominal gastritis?

It is a common question for people with abdominal pain that is caused by gastritis. People with gastritis often have pain, stinging pain, Abdominal tenderness, cramping under the epigastric region. These pains can be either before eating or after eating or an empty stomach, like when you are hungry

in the morning or late at night, you may have stomach pain as and the pain come and go. It can be several times a day or according to the meals you have. Each time the pain lasts about 15-30 minutes, the pain will improve by eating, drinking milk, or take antacids.

However, stomach disorders caused by stomach acids do not always have abdominal pain. In which many patients came to see a doctor because they vomited blood, which may be the result of stomach ulcers caused by excess acid or a burning sensation in the chest due to acid reflux causing the swelling of the esophagus or cough because of the inflammation reaching the throat, these are the most likely symptoms related to the stomach.

### I have gastritis and how to treat it?

The best treatment is medication with lifestyle change, usually gastritis will need to take two medications: antacid and medications to stimulate gastric compression. But if the patient has an ulcer in the stomach your doctor will recommend taking antacids continuously for 6 to 8 weeks or until the wound has healed and checked through a gastrointestinal endoscopy.

As for the patients without initial abnormalities, your doctor will usually recommend an antacid only. For other medications, such as carminative drugs, it is recommended that you only take them only when there are symptoms of gas and bloating or taken only as needed.

It is important to change lifestyle habits such as eating on time every meal. Eat soft easy to digest foods in small amounts, abstain from cigarettes, alcohol, tea, coffee or caffeine, soft drinks, and avoid spicy, sour and fermented foods, and every time you eat chew it thoroughly. Avoid taking aspirin, Non-steroidal anti-inflammatory drugs, steroids, and consult your doctor before taking them. Avoid stress and get enough rest.

Although stomach disease is not considered a dangerous disease. But what you should be aware of is that stomach disease is often chronic once the wound has healed, it can always reccur. If left until other complications such as gastric bleeding, stomach perforation and gastric obstruction happens, it can cause fatality, therefore it should never be left untreated. Change lifestyle habits and choose the right food which is the best way to prevent stomach ailments as well as prevent other diseases.

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