

Left Side Abdominal Pain

The abdomen is an area of the body that houses the stomach, liver, appendix, and some other important organs. It has the ribs on the top and the pelvis at the bottom. Abdominal pain is a common occurrence, and practically every specific struggles with it when in their lifetime. However, frequent or acute pain should not be taken lightly, and immediate medical attention should be sought. Left side abdominal pain can occur due to a number of reasons. It might be set off due to injury to the organs, like the spleen, stomach, blood vessels, and nerves on the left side of the abdominal area, or the left part of paired organs, like the kidney, ureters, adrenal gland, ovary, etc. Additionally, such pain could also suggest some serious disease or infection.



Bacterial Infections and Bowel Obstruction

There are different types of bacterial infection such as salmonella, shigella, and yersinia, etc., that can infect the mucous membrane of intestine. Such infection can cause excessive mucus to pass with stool. Bowel obstruction problems such as **constipation** can lead to the presence of mucus in stools. They are also accompanied by severe abdominal cramps, fever, and throwing up.

So, what is a nervous breakdown exactly? It can be called a symptom of a particular psychiatric condition. This condition is seen as a severe emotional or psychological collapse of a person. The specific develops loss of interest in all activities. He/she experiences signs such as confusion, disorientation, uncontrollable crying, etc. The individual may also lose his self-confidence and self-esteem. In extreme cases, catatonic posturing is seen. In this condition, the person is not able to move. Nervous breakdown is a term that we have the tendency to use loosely in our daily lives. For example, you may hear a student say, 'I almost had a nervous breakdown the minute I heard I might not be able to get into the school's basketball team!'. This statement indicates a state of 'anxiety' or 'sudden panic' one experiences.

Digestive Problems in Older Children

Irregularity: In this condition, children have infrequent bowel movements. Its symptoms are hard stools, which are difficult to pass. Stool withholding, lack of fiber in diet, and side effects of medicines are the most common causes of constipation. Constipation in children can be relieved and regular bowel movements can be brought back by including lots of fiber-rich foods in their diet.

Unchecked Consumption of Alcohol Affects the Liver and is Also Bad for Health

By the time the signs of ALD surface, one may already be in an advanced stage of the disease. It is best to drink in moderation and have a healthy diet as obesity has been found to increase the risk of alcoholic liver disease among heavy drinkers.

Ovarian Cysts

Sometimes, cysts are formed in the ovaries in females, better known as ovarian cysts. Existence of cysts in the left ovary triggers mild to severe left side abdominal pain. Many-a-times, surgical treatment is carried out to eliminate the cysts from the ovary. Ovarian cyst is one of the most common cause of left side abdominal pain in females.



Irritable Bowel Syndrome Diarrhea Nausea Constipation

Ulcerative Colitis

This is a type of inflammatory bowel disease (IBD) that affects the large intestine and rectum. It leads to ulcers in the colon, which in turn might give rise to symptoms such as bloody stool, existence of pus and mucus in the stool, rectal pain, stomach pain and cramping, weight loss, diarrhea, urgency to defecate, inability to pass stool despite the urgency to defecate, etc.

. Increase Fluid Consumption

Improving digestion is the key to avoid smelly burps. For good digestive health, it is necessary to increase intake of fluids, especially water. Adequate consumption of water helps digestion, which may contribute to lower the episodes of sulfur burps.

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