

## Swollen Stomach Causes

**I**rritable bowel syndrome, ovarian cyst, uterine fibroid, constipation, lactose intolerance, and overeating are some of the common causes of a swollen stomach. The common symptoms include increased size of the stomach, a feeling of heaviness, and fatigue. The majority of the people experience a general feeling of sickness also. The condition gets resolved on its own as soon as the food gets digested. However, a swollen stomach may in some cases indicate some major underlying medical condition. A few such irregular conditions have been quickly described here.



**Tests:** There are two major lab tests carried to confirm the testing and treatment of **IBS** symptoms with **constipation**. The first is the food intolerance test. The test involves pricking a finger to gather blood which is the tested for the syndromes. The food intolerance test uses the antibodies in your blood to identify any food culprits. Many patients who complain of frequent diarrhea, stomach discomforts, bloat among other stomach disorders find out that they have food intolerance after the test.

The food intolerance is therefore the major cause of the stomach pains, bowel movement and frequent bloating after. Though the symptoms of food intolerance differ from one person to the other, major symptoms include having itchy skin, glue ears, sore throats and bloating. The second test is the stool test which aims to measure yeast growth, bad parasites and presence of any parasite in the stool. The health consultant might have to use the 3 stool sample to identify IBS.

**Treatment:** *The treatment options consist of open hernia repair work, hemioplasty, laparoscopic hernia repair, or bowel resection.*

### Small Bowel Obstruction

Mechanical or functional obstruction or blockage of the small intestine is a medical condition that prevents fluids, food, and gas from travelling through the small intestinal tract in a normal way.

Those of you who have missed a period and are experiencing some early symptoms such as early morning sickness, should first consult your midwife or doctor. It is possible that you could be pregnant and still get a negative pregnancy test due to the fact that of low sensitivity pregnancy kit. So, you will be recommended to carry out a retest after one week. If the second test is negative too, then watch out for the reasons behind late period. The commonly found reasons for irregular menstrual period and possible ways of treating them are given below.

### Foods to Eat

**Increase Fiber Intake:** The diet should ideally include an increased amount of fiber. A high fiber diet improves the intestine function and helps alleviate the painful bowel movements associated with **irritable bowel syndrome**. There are two types of fiber, which includes soluble and insoluble fiber. While soluble fiber is the one which dissolves in water to form gel like substances; insoluble fiber controls irregularity by adding bulk to the stool. Soluble fiber sources include citrus fruits, beans, and apples, while insoluble fiber is present in wheat bran, whole grain breads, and veggies. (A word of caution though, for people suffering from diarrhea, the excess fiber may only intensify the symptoms of diarrhea). Also, to avoid looking bloated and constipated, supplement your day-to-day fiber intake with adequate amounts of water.

### How is the Diagnosis of Gluten Allergy Made?

Until quite recently the diagnosis was quite difficult since the symptoms are so different as well as just like other disorders, such as intestinal tract infection, irritable bowel syndrome, iron deficiency, chronic fatigue and Crohn's disease. As a matter of fact, there could be a cross over between gluten allergy and a few of these diseases. A person may have a combination of these problems, which can be aggravated by improper food choices.

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### We Must Understand that Not Everyone Faces Side Effects of Gallbladder Removal

Some experience a smooth laparoscopy or open surgery with minimal side effects. Some do not even have to switch to a low-fat diet. However, some on the other hand, face severe **diarrhea** problems and have to be extra careful about what they eat. Thus, the negative effects vary from one individual to another.

- After a surgery, abdominal noises may not be heard, due to the fact that it takes time for the basic anesthesia to wear off.
- So, there is usually no bowel movement for a while after any kind of surgery that utilized general anesthesia.

Few of the common causes of sharp pain on the left side waist are briefly described below.



Constipation Ibs Irritable Bowel Syndrome Diarrhea Nausea

### Causes of Waist Pain on the Left Side

Pregnancy.

Due to the development of the fetus, and the subsequent compression of the surrounding internal organs of the mother, the pain sensitive areas and nerves are compressed, giving rise to pain. It is fairly common, and can be relieved to a certain extent by preserving a good position, balancing the fetal weight, and by utilizing heat or ice compresses.

### Gastritis

Is a medical condition wherein the lining of the stomach is swollen. It is symptomized by burning sensation and pain in either the left or right side of the abdomen.

### Urinary Tract Infection (UTI).

Case the pain is accompanied by a frequent desire to urinate, and urination is often painful, then you might have a urinary tract infection. UTI includes microbial infection of any of the structures which consist of the excretory system. Some of organs involved in the excretory system of the body are kidneys, bladder, and ureter or urethra.

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